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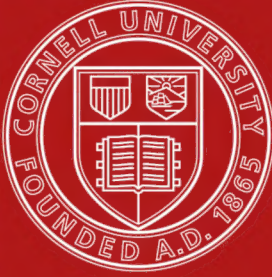
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THYROID AND THYMUS

BY

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TO THE ONES TO WHOM I OWE THE MOST

TO MY MOTHER

TO MY WIFE

TO MY LATE CHIEF AND FRIEND

PROFESSOR HENRY STILLING

PROFESSOR OF PATHOLOGY IN THE UNIVERSITY OF LAUSANNE, SWITZERLAND

TO MY LATE CHIEF

PROFESSOR THEODORE KOCHER

BERNE, SWITZERLAND

THE FATHER OF GOITER SURGERY

PREFACE.

THE following pages are the results of seventeen years' experience in the field of goiter pathology and surgery in Switzerland and in this country. When first assistant in the pathological laboratory of Prof. Henry Stilling, in Lausanne, Switzerland, I felt a marked attraction toward the goiter problem. Since then that interest has been steadily growing keener. It is not only of the utmost interest medically and surgically, but is also one of the most baffling problems so far as the etiology is concerned, and, furthermore, is of tremendous importance sociologically. The enormous loss to a community, to a state, to a country caused by the goiter pathology, be it hypothyroidism, hyperthyroidism, or cretinism, can scarcely be estimated. Consequently any effort to understand, to explain, or to combat that ailment should be welcome. It was with this end in view that I started to write this book. Some may find my statements somewhat dogmatic at times, and my conclusions perhaps a little sanguine. I feel, however, that in the study of the problems of internal secretion, always tantalizing and interesting, accessibility to ideas is the one prerequisite to success for those who wish to gain achievement in the study, and so long as we have not acquired the whole truth, opinions are of value provided they are substantiated by facts.

In addition to the years of personal experience in the study of the thyroid and thymus glands, I have gathered all that I considered of value from the enormous amount of French, Italian, German, and English literature on the subject, and I have endeavored, in my recital of sources and authorities, to give credit where credit is due.

It is my pleasant duty to express my profound gratitude and respect to the memory of my master, Henry Stilling, Professor of Pathology at the University of Lausanne, Switzerland. To him I owe much encouragement and self-confidence.

I have hoped that my great master, Professor Theodore Kocher, of Berne, Switzerland, would live to see this work in which he was greatly interested. Unfortunately, it was not to be. I owe so much to his inspiration and example that his memory will always be cherished by me.

It is with pleasure and pride that I acknowledge the invaluable assistance of my dear wife in writing the chapter on the Etiology of Simple Goiter.

I wish to thank, also, Marcel Guelin, who formerly lived in Moscow, Russia, but is now "somewhere in Siberia." His anatomical drawings are the most beautiful and artistic I have ever seen. The difficulty of getting these plates to America (several sets were lost on the way) was a bit of exasperation that was an expected, though unwelcome, outcome of the disturbed conditions due to the Great War. If the work merits success, my friend Guelin must be entitled to a share of the credit.

To J. Philip Schneider, Ph.D., Professor of English, Wittenberg College, Springfield, Ohio, and to his wife, Clara Serviss Schneider, go hearty thanks for help in proof-reading, in seeing the work through the press, and for the index.

Finally, I wish to acknowledge the assistance I have received from my secretary, Miss Mary Scully, whose untiring efforts have been of great value.

To those of my masters who are still alive to receive this contribution, I send greetings and offer heartfelt thanks for encouragement and inspiration. May they feel that what of ambition was aroused by their efforts was not aroused in vain.

I cannot close the chapter of my debts without mentioning Dr. J. F. Baldwin, surgeon at Grant Hospital, Columbus, Ohio, and without thanking him heartily for his cordial support and encouragement.

A. C.

COLUMBUS, OHIO.

CONTENTS.

CHAPTER I.

DISEASES OF THE THYROID AND THYMUS.

Anatomy	17
Blood Supply	19
Lymphatics	20
Histology	21
Colloid	22
Desquamation	23
Embryology	23
Postbranchial Bodies	27
Tumors of Mesobranhial Origin	28
Tumors of Branchial Origin	28

CHAPTER II.

PHYSIOLOGY OF THE THYROID.

History	30
Results of Experimental Thyroidectomy	31
Thyroid and Parathyroids	32
Postoperative Tetany in Animals	35
Action of Thyroid Administration and Thyroidectomy on Metabolism	36
Action of the Thyroid on the Cardiovascular System	37
Action on the Blood	38
Action on the Nutrition	39
Action on the Osseous System	40
Action on the Nervous System	40
Modification of the Urine	40
How Much of the Thyroid is it Necessary to Leave in Order to Prevent Symptoms of Thyroid Insufficiency?	41

CHAPTER III.

BIOLOGICAL CHEMISTRY.

Iodin in Thyroid Gland	44
Conclusions Concerning the Thyroid Function and Its Chemistry	51
Functional Interrelation of the Organs of Internal Secretion	55

CHAPTER IV.

PATHOLOGY.

Benign Tumors	60
Parenchymatous Goiters	60
Colloid Goiter	61
Fetal Adenoma	64
Malignant Tumors	65
Epithelial Tumors	67
Malignant Adenoma or Proliferating Goiter	67
Carcinoma	70
Metastatic Colloid Goiter	70
Parastruma or Glycogen-containing Goiter	72
Postbranchial Goiter	73
Papilloma	74
Cancroid	76
Tumors of Connective-tissue Origin	77
Fibrosarcoma	77
Polymorphous-cell Sarcoma	78
Round-cell Sarcoma	78
Myxosarcoma	79
Endothelioma	79
Perithelioma	80
Combination of Various Forms of Malignant Goiter	80
Mixed Tumors	80
Dermoids and Teratoma	81
Accessory Goiters	82
Median Cysts	83
Lingual Goiter	85
Intrathoracic Accessory Goiter	86
Ovarian Goiter	87

CHAPTER V.

INFLAMMATIONS OF THE THYROID.

History	89
Bacterial Thyroiditis	90
Etiology	93
Pathology	95
Symptoms	95
Diagnosis	98
Prognosis	101
Treatment	102
Toxic Thyroiditis	103
Tuberculosis of the Thyroid	106
Follicular	106
Caseous	106

CONTENTS

ix

Syphilis of the Thyroid	108
Woody Thyroiditis	109
Parasitic Thyroiditis	111
Hydatid Cyst of the Thyroid	113
Congestions of the Thyroid	114
Pathological Anatomy	115
Symptoms	115
Treatment	115
Traumatic Lesions of the Thyroid	115
Contusions	116
Wounds	116
Treatment	117

CHAPTER VI.

ANATOMOPATHOLOGICAL RELATIONS OF GOITER TO THE SURROUNDING STRUCTURES.

Relation of Goiter to Skin and Muscles	119
Relation of Goiter to the Larynx and Trachea	120
Relation of Goiter to the Pharynx and Esophagus	123
Relation of Nodular Goiter to Bloodvessels	124
Relation of Goiter to Nerves	125

CHAPTER VII.

CLINICAL SYMPTOMS AND DIAGNOSIS.

Clinical Symptoms	126
Mechanical Symptoms	126
Dyspnea	126
Dysphagia	127
Symptoms Due to Injury of the Inferior Laryngeal Nerve	128
Functional Symptoms	130
Diagnosis of Goiter	130
Is the Tumor Developed in the Thyroid?	130
Laryngoscopic Examination	131
What is its Nature?	132
Goiter-heart	133
The Mechanical Goiter-heart	133
The Thyrotoxic Goiter-heart	136

CHAPTER VIII.

INTRATHORACIC GOITER.

Relation of Intrathoracic Goiter to Neighboring Tissues	142
Symptoms	143
Diagnosis	152
Differential Diagnosis	155
Prognosis	159

CONTENTS

CHAPTER IX.

GOITER DEATH	160
--------------	-----

CHAPTER X.

CIRCULAR GOITER.

Symptoms	163
Diagnosis	163
Treatment	164
Retrotracheal or Retro-esophageal Goiter	165
Intratracheal Goiter	165

CHAPTER XI.

CONGENITAL GOITER AND GOITER IN CHILDREN.

Congenital Goiter	166
Symptoms	167
Treatment	168
Goiter in Children	169

CHAPTER XII.

SIMPLE GOITER AND PREGNANCY.

Treatment	171
-----------	-----

CHAPTER XIII.

CLINICAL ASPECT OF MALIGNANT GOITERS.

Relations to Surrounding Structures	173
Course and Symptoms	175
Diagnosis	178
Treatment	179
Hypothyroidism—Myxedema	182
Synonyms	182
The Kocher-Reverdin Controversy	182
Etiological Relationship between the Various Forms of Hypothyroidism	187
Nomenclature	189

CHAPTER XIV.

PATHOLOGY OF THE VARIOUS FORMS OF THYROID INSUFFICIENCY.

Thyroid	191
Skin	192
Osseous System	193
Nervous System	194
Vascular System	195
Genital Apparatus	195
Surgical Athyroidism and Surgical Cachexia Strumipriva	196
Symptoms	196
Spontaneous Adult Hypothyroidism	198
Etiology	198
Symptoms	200

CHAPTER XV.

CONGENITAL ATHYROIDISM, SPONTANEOUS INFANTILE HYPOTHYROIDISM, AND
CRETINISM.

Etiology of Congenital Athyroidism and Spontaneous Infantile Hypothyroidism	203
Cretinism. Etiology	204
Symptoms of Congenital Athyroidism, Spontaneous Infantile Hypothyroidism	207
Differential Diagnosis	210

CHAPTER XVI.

SMALL THYROID INSUFFICIENCY	216
-----------------------------	-----

CHAPTER XVII.

ETIOLOGY OF ENDEMIC GOITER AND CRETINISM.

Historical	220
Geographical Distribution of Endemic Goiter and Cretinism	221
Economical, Social and Military Significance of Endemic Goiter and Cretinism	227
Goiter Epidemics	228
Fluctuations of Endemic Goiter	232
Fluctuations of Cretinism	234
Conclusions Drawn from the Study of the Fluctuations of Goiter and Cretinism	235
Goiter in Animals	236
Theories Regarding the Etiology of Goiter	241
The Relation between Water and Endemic Goiter	242
Hydrotelluric Theory	249
Repin's or Plutonian Theory	259
Radio-active Waters and Goiter	262
Organic Theory	263
Contagion by Contact Theory	265
Infection Theory	272
General Conclusions	275

CHAPTER XVIII.

MEDICAL TREATMENT OF SIMPLE GOITER.

Prophylaxis	276
Medical Treatment of Goiter	277
Indications for Medical Treatment	277
Contra-indications to Medical Treatment	278
Medicaments	279
Iodin in Treatment of Goiter	279
Crotti's Formula for Treatment of Non-toxic Parenchymatous Goiter	281
Dangers of Iodin Medication	282
Treatment of Thyroid Insufficiency	283
Thyroid Opotherapy	283
Dangers of Thyroid Opotherapy	283
Ingestion Method	285
Polyglandular Treatment	290

CHAPTER XIX.

THYROID GRAFTING	291
------------------	-----

CHAPTER XX.

INDICATIONS FOR OPERATION IN SIMPLE GOITER.

Contra-indications to Operation	299
Treatment with Injections	300
Thyrototoxicosis	303
History	303

CHAPTER XXI.

CARDIOVASCULAR SYMPTOMS.

Differential Diagnosis of Thyrotoxic Tachycardia	304
Etiological Explanation of Tachycardia	306
Palpitation	307
Thyrotoxic Heart	307
Thyrotoxic Pulse	309
Test of Functional Capacity of the Heart	310

CHAPTER XXII.

BASEDOW STRUMA.

Vascular Symptoms of the Thyroid	313
Pathology and Histology of Thyrotoxic Goiter	315

CHAPTER XXIII.

OCULAR SYMPTOMS.

Exophthalmos	319
Unilateral	319
Bilateral	320
Eyelid Symptoms	322
Dallrymple	322
Graefe	322
Kocher	323
Stellwag	324
Moebius	324
Lachrymal Secretion	325
Staring Look	325
Edema and Pigmentation of the Eyelids	326
Etiology of Exophthalmos	326

CHAPTER XXIV.

MUSCULAR SYMPTOMS.

Tremor	331
Great Muscular Fatigue	332
Sudden Giving Way of the Knees	333
Muscular Cramps	333
Tendinous Reflexes	333

CHAPTER XXV.

NERVOUS AND MENTAL SYMPTOMS IN BASEDOW'S DISEASE.

Heredity of Graves' Disease	338
---------------------------------------	-----

CHAPTER XXVI.

DIGESTIVE DISTURBANCES.

Appetite	340
Nausea	340
Gastric Flatulence	340
Vomiting	340
Diarrhea	341
Icterus	341

CHAPTER XXVII.

GENITAL DISTURBANCES	342
--------------------------------	-----

CHAPTER XXVIII.

RESPIRATORY DISTURBANCES.

Bryson Symptom	343
Shortness of Breath	343
Coughing	344
Hoarseness	344

CHAPTER XXIX.

SENSORY DISTURBANCES AND INSOMNIA.

Pains	345
Headache	345
Vertigo	346
Tingling and Numbness	346
Insomnia	346

CHAPTER XXX.

CUTANEOUS SYMPTOMS.

Sensation of Heat	347
Dermographism	347
Hyperhydrosis	347
Itching of the Skin	347
Urticaria	348
Falling of the Hair	348
Brown Pigmentation of the Skin	348
Edema	348

CHAPTER XXXI.

BLOOD CHANGES IN BASEDOW'S DISEASE.

Coagulability of the Blood	352
Adrenalinemia	353
Hyperglycemia	354
Antitrypsin Content of the Blood	354
Complement-fixation	354

CHAPTER XXXII.

DISTURBANCES IN METABOLISM.

Loss of Flesh	355
Temperature	355
Glycosuria and Diabetes in Graves' Disease	356
Alimentary Glycosuria	356
Polyuria	357
Polydipsia	358
Albuminuria	358
Thyrotoxicosis is a Chronic Disease	358
Fulminating Forms of Graves' Disease	358
All the Thyrotoxic Symptoms are Worse in the Morning	359

CHAPTER XXXIII.

FRUSTE FORMS OF HYPERTHYROIDISM OR SMALL HYPERTHYROIDISM.

Fruste Forms of Hyperthyroidism	361
Obscure Forms of Hyperthyroidism	362

CHAPTER XXXIV.

HYPERTHYROIDISM AND HYPOTHYROIDISM	363
--	-----

CHAPTER XXXV.

INFANTILE AND JUVENILE HYPERTHYROIDISM	365
--	-----

CHAPTER XXXVI.

EXOPHTHALMIC GOITER IN PREGNANCY.

Treatment	368
---------------------	-----

CHAPTER XXXVII.

ETIOLOGY OF GRAVES' DISEASE.

Graves' Disease a Thyro-neuro-polyglandular Disease	372
(A) Thyrogenetic Origin of Graves' Disease	372
Hypothyroidism <i>vs.</i> Hyperthyroidism	372
Pathological Arguments	375
Experimental Arguments	376
Arguments Derived from Thyroid Opothrapy in Human Beings	379
Surgical Argument	381
(B) Nervous Origin	382
Vegetative Nervous System	385
(C) Polyglandular Origin	388
Thyroid and Hypophysis	389
Thyroid and the Genital System	389
Thyroid; Pancreas; Adrenals	390
Thyroid and Thymus	392
Thyroid and Parathyroids	392
Conclusions	392
Iodin-Basedow	393
Is There any Relation between Iodin-Basedow and the Quantity of Iodin Absorbed?	394
The Relation between Basedow's Disease and Thyroiditis	396
Graves' Disease is a Toxic Thyroiditis	399
Hyperthyroidism	400
Dysthyroidism	401
Part of the Thyrotoxic Symptoms May Be of Anaphylactic Origin	402
Why is it that Some People Have Exophthalmic Goiter and Others Do Not?	403
Summary of Conclusions Concerning the Etiology of Graves' Disease	403

CHAPTER XXXVIII.

TREATMENT OF GRAVES' DISEASE.

Lipoids	405
Is There Truly a Medical Treatment for Graves' Disease?	407
Results of Medical Treatment	408
Medical Cases	410
Conclusions	411
When Shall We Consider a Patient Cured?	415
Medical Treatment	417
Rest Cure	417
Medication	419
Diet	420
Hydrotherapy	421
Electrotherapy	421
General	421
Local	421
Galvanic	421
Electrolysis	422
Radiotherapy	422
Serotherapy	426
Antithyroid Chymotherapy	426
Thyrotoxic Serotherapy	427
Polyglandular Medication	427
Thymus Opothrapy	428
Hypophysis Opothrapy	428
Parathyroid Opothrapy	428
Adrenalin	428
Pancreas Opothrapy	428
Crotti's Treatment for Exophthalmic Goiter	428

CHAPTER XXXIX.

INDICATIONS AND CONTRA-INDICATIONS FOR SURGICAL TREATMENT OF EXOPHTHALMIC GOITER.

What Line of Conduct Shall We Follow in Deciding the Course of Treatment in Each Given Case?	434
--	-----

CHAPTER XL.

SURGICAL TECHNIC OF OPERATIONS UPON THE THYROID GLAND.

Surgical Technic	439
Anatomical Facts	440
Pathological Planes of Cleavage	442
Blood Supply of the Thyroid	442
Parathyroids	445
Recurrent Laryngeal Nerves	447

CONTENTS

xvii

Conclusions Drawn from Anatomical Facts	448
Excision, Resection, or Enucleation?	448
Excision	449
Resection	449
Enucleation	450
Shall the Operation be Unilateral or Bilateral?	454
How Much Thyroid Tissue Can Safely Be Removed?	457
Shall We Dissect the Parathyroids?	458
Ligations	458
What is the Point of Election for Ligation?	462
Technic of Ligations	463
Isolated Ligation of the Superior Pole	464
Technic for the Isolated Ligation of the Inferior Thyroid Artery	464
Isolated Ligation of the Inferior Thyroid on the Inner Border of the Scalenus	465
Hemostasis	466

CHAPTER XLI.

OPERATIVE TECHNIC FOR THYROIDECTOMY.

Incision	469
Operation for Intrathoracic Goiter	475
Technic of Operations for Malignant Goiters	477

CHAPTER XLII.

OPERATIVE ACCIDENTS.

Lesions of the Nerves	478
Suffocation and Collapse of the Trachea	479
Injury to the Trachea, Esophagus and Pleura	481
Tracheotomy	481
Air Embolism	481

CHAPTER XLIII.

SYMPATHECTOMY.

Pathology	483
Immediate Results of the Operation	483
Remote Results	484
Choice of Operation	484
Surgical Technic for Sympathectomy	485

CHAPTER XLIV.

CANTHORRAPHY

487

CHAPTER XLV.

BOILING-WATER INJECTIONS.

Technic	488
---------	-----

CHAPTER XLVI.

PREOPERATIVE TREATMENT OF THE PATIENT	489
---------------------------------------	-----

CHAPTER XLVII.

OPERATING ROOM TECHNIC	491
------------------------	-----

CHAPTER XLVIII.

POSTOPERATIVE TREATMENT	493
-------------------------	-----

CHAPTER XLIX.

ANESTHESIA.

Chloroform, Ether, or Nitrous Oxide?	498
Local Anesthesia	501
Technic of Local Anesthesia	502
Intratracheal Insufflation Anesthesia in Thyroid Surgery	506
Pantopon-scopolamin	507

CHAPTER L.

POSTOPERATIVE COMPLICATIONS.

Shock	509
Vasomotor Exhaustion and Paralysis	509
Cardiac Spasm and Eventual Failure	511
Inhibition of the Function of all Organs	511
Deficiency of Carbon Dioxide in the Blood, or Acapnia	511
Morphological Changes in the Ganglion Cells	511
Loss of Vasomotor Control	512
Primary Suprarenal Exhaustion	512
Treatment of Shock and Hemorrhage	515
Crotti's Technic of Indirect Transfusion	518
Postoperative Hyperthyroidism	519
Acidosis	521
Postoperative Fever	523
Postoperative Tetany	524
Symptoms	524
Chvostek	525
Weiss	525
Trousseau	526
Erb	528

CONTENTS

xix

How Many Parathyroids May Be Removed before Tetany Appears?	529
Prognosis	530
Treatment of Tetany	531
Grafting of the Parathyroids	532
Pulmonary Complications	533
Postoperative Dysphagia	534
Postoperative Hematoma	534
Raising of the Scar	534
After-treatment	534
Rules for Goiter Patients	535

CHAPTER LI.

THE THYMUS GLAND.

Synonyms	536
History and Etymology	536
Embryology	536
Histology	537
Surgical Anatomy of the Thymus	537
Involution of the Thymus	539
Experimental Pathology of the Thymus	540
Skeleton	540
Nervous System	540
Muscular System	541
Interrelation of the Thymus to the Organs of Internal Secretion	541
Status Thymolymphaticus	542
Thymic Tracheostenosis	542
Acute Symptoms	543
Chronic Form of Thymic Hyperplasia	543
Explanation of the Choking Spells and of Thymic Death	545
Pressure at the Superior Opening of the Thorax	545
Pressure in the Thorax	546
Spasm of the Glottis	546
Diagnosis of Thymus Hyperplasia	548
X-ray Characteristics of Thymic Hyperplasia	550
Differential Diagnosis of Thymic Hyperplasia	550
Relation of Thymic Hyperplasia to Basedow's Disease	551
Thymogene Basedow	553
Differential Diagnosis between Thymic and Thyroid Basedow	553
Treatment of Thymic Hyperplasia Complicating Graves' Disease	555
Treatment of Thymic Hyperplasia in Children	556

CHAPTER LII.

SURGICAL TECHNIC OF THYMECTOMY.

Anesthesia	557
Surgical Technic	557

DISEASES OF THYROID AND THYMUS.

CHAPTER I.

ANATOMY AND EMBRYOLOGY.

ANATOMY.

THE thyroid gland is an unpaired gland of reddish color. It lies upon the lateral surface of the thyroid and cricoid cartilages and upon the anterolateral surface of the upper end of the trachea which it surrounds like a horsehoe.

The thyroid gland consists of two *lobes* united by a narrow transverse portion, the *isthmus*. The lobes are conical in shape, and measure about 2 inches in length, $1\frac{1}{4}$ inches in width, and $\frac{3}{4}$ inch in thickness. The gland *in toto* weighs about an ounce. It must be well understood that these figures may vary. There are countries where the general average weight may be higher than the one just given, and yet the gland will still be normal. It is customary to call the upper portion of a lobe *upper pole*, and the lower portion *lower pole*, while the portion of the gland between the upper and lower poles may be called the *body* of the gland. Inwardly, each lobe comes in contact with the trachea, esophagus, thyroid and cricoid cartilages, the inferior laryngeal nerve, the inferior constrictor of the pharynx, and the posterior part of the cricothyroid muscle. Its posterior surface is in relation with the carotid sheath containing the common carotid, the internal jugular vein and the vagus nerve; it is furthermore in relation with the inferior thyroid artery, with the parathyroids, and also with the prevertebral fascia and muscles. The anterolateral surface is covered by the sternothyroid, the sternohyoid and the omohyoid muscles; the sternocleidomastoid muscles overlap the outer border of the gland.

The *isthmus* is situated in front of the trachea and covers its second, third and sometimes its fourth ring. It varies in size and width. Usually, it measures about half an inch in breadth and the same in depth. It may even cover the cricoid cartilage, or at least part of it. In such cases superior tracheotomy presents some difficulties. The isthmus may be absent altogether (Fig. 1), or may be entirely separated from both lobes, thus forming a lobe by itself.

From the isthmus, or from the adjacent part of either lobe, a narrow strip of glandular tissue is often seen passing in front of the thyroid cartilage upward toward the body of the hyoid bone to which it may or



FIG. 1.—Thyroid without isthmus and without pyramidal process.

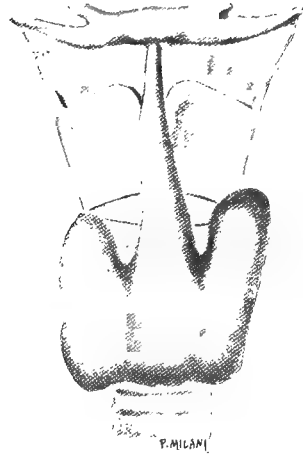


FIG. 2.—Thyroid with one pyramidal process.

may not be attached. The process is called the *pyramidal process* (Fig. 2). It is not constant and is found oftener on the left side than on the right. In rare cases the pyramidal process may be double (Fig. 3).



FIG. 3.—Thyroid with two pyramidal processes.

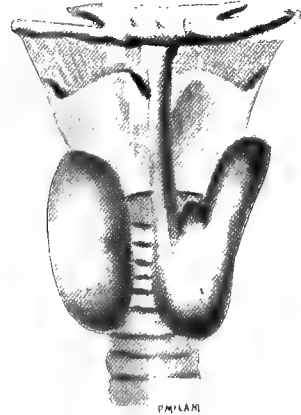


FIG. 4.—Thyroid gland whose isthmus does not join the two lobes.

It has the same structure as the thyroid gland. The pyramidal process represents the vestiges of the thyroglossus duct (Fig. 4).

The thyroid gland is in close connection with the trachea and with the larynx by interwoven connective tissue. It has special attachment

with the cricoid cartilage through bands of fibrous tissue extending from the isthmus and lateral lobes to the cricoid cartilage. These bands are known as the *suspensory ligaments* of the thyroid. It is on account of such relation that the latter organ follows the movements of the larynx during deglutition.

The entire thyroid gland may be wholly absent, but this is very rare indeed.

Accessory thyroids are frequently found in the neck. They are more common in the neighborhood of the hyoid bone, but they may be found below the thyroid gland as far down as the arch of the aorta and the bifurcation of the trachea. They have the same histological structure as the thyroid gland itself; they may contain colloid or may show embryonical structure. Goiter or tumors of any kind can develop from them.

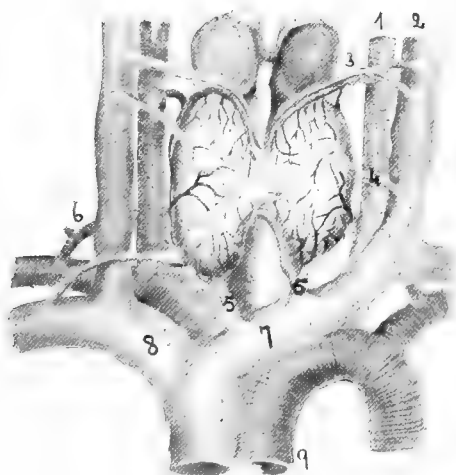


FIG. 5.—1, common carotid; 2, internal jugular vein; 3, superior thyroid artery and vein. Normally the artery originates a little higher up from the external carotid and not from the common carotid, as wrongly shown by the picture; 4, middle vein; 5, ima veins; 6, inferior thyroid artery; 7 and 8, right innominate veins; 9, aorta.

Blood Supply.—The thyroid gland receives its blood supply from three arteries, the superior, the inferior, and the ima artery (Fig. 5). The *superior thyroid artery* is the first branch of the external carotid. It runs in a curve forward and downward to the upper pole, and gives off a branch for the hyoid bone, one for the sternocleidomastoid muscle, one for the larynx (the superior laryngeal artery which perforates the thyrohyoid membrane), and one branch known as the cricothyroid artery, passing in front of the cricothyroid ligament just above the isthmus. The artery finally splits into two terminal branches in the upper pole of the thyroid gland, the anterior and posterior branches.

The *inferior thyroid artery* arises from the thyrocervical trunk given off by the subclavian artery. It runs in front of the scalenus anticus muscle, at first upward, then bends inwardly, passing behind the carotid sheath, and terminates in the posterior surface of the thyroid gland.

The *ima artery* comes off directly from the arch of the aorta or from the innominate artery and terminates in the isthmus. It is not constant.

Anna Begoune has demonstrated that each artery supplies a territory of its own; the superior thyroid artery supplies the superior half of the lobe; the inferior thyroid artery supplies the inferior half of the lobe. This is of course very schematic and not literally true, as both territories exchange very numerous anastomoses, which in time may grow into an important collateral circulation. If the four arteries are injected, not only the whole thyroid gland, but also the adjoining organs, as the trachea and the esophagus, will become injected at the same time. This is an important fact, as it shows that after ligation of all the thyroid arteries, the gland may still receive some blood from its collateral circulation.

The *veins* of the thyroid gland show considerable variation. They form a rich plexus upon and beneath the capsule of the gland. The *superior thyroid vein* terminates generally in the thyrolinguofacial trunk formed by the junction of the thyroid, lingual and facial veins. The *inferior thyroid vein* empties into the internal jugular vein. Not infrequently, as shown by Kocher, there is a *middle vein* which emerges from the side of the gland, passes transversely outward and empties into the internal jugular vein. From the lower border of the isthmus and both poles there is a plexus of two, three or more veins which go directly downward and empty into the innominate vein of both sides. They are known as the *imæ veins* (Fig. 5).

Thyroid veins have no valves.

These numerous bloodvessels, be they arterial or venous, pass to and fro, penetrate the gland, and break into smaller branches. They ultimately form a capillary network around each follicle and come in close contact with each cell.

The blood supply of the thyroid gland is very extensive, and in proportion to its size, the circulation here is more extensive than in the brain. This abundant circulation shows that the function of the thyroid gland must be an important one.

Lymphatics.—Forming a network around each vesicle, the *small lymphatics* resolve themselves into larger collecting trunks which empty either into the *prelaryngeal* group of lymph nodes located in front of the cricothyroid membrane, or into the *cervical* group all along the common carotid, or into the *pretracheal* group below the isthmus. Some of

these deeper trunks empty into the lymph nodes along the posterolateral surface of the pharynx and esophagus.

The nerve supply comes from the sympathetic (median and inferior cervical ganglion) and from the vagus nerve (superior laryngeal branch). The inferior laryngeal nerve comes in close contact with the gland but does not supply it. The capsule of the thyroid contains sensory nerves.

HISTOLOGY.

The thyroid gland has no excretory canal; it belongs to the group of glands of internal secretion. Although this is true, we must, however, admit that the secretion of the thyroid still affects the *external* type, since the products of cellular secretion empty into the alveoli under the form of colloid, and are only later absorbed into the general circulation. We have, consequently, two distinct processes: one of secretion and the other of absorption. The thyroid gland is composed of connective tissue and epithelium.

The connective tissue forms a capsule which surrounds the entire gland, and projects inward, prolongations dividing the gland into lobes and lobules. These lobes contain round, tubular, sacculated, branching or prismatic vesicles or follicles, each one separated by more slender septa. In this stroma, be it interlobular or interfollicular, elastic fibers, nerves, blood and lymphatic vessels are found. The normal size of the alveoli varies from 50 to 300 μ . It is not quite uncommon to find in it small foci of lymphoid tissue.

The epithelium is cuboidal or cylindrical, and is arranged in one layer all around the wall of the follicle. The follicle in the thyroid gland has no *membrana propria*. Wegelin, however, has shown that a *membrana propria* exists in goiter, especially in cases where hyalin degeneration is present. Each cell is provided with a single oval-shaped or round nucleus which contains a thin chromatin network with one or more chromatin corpuscles. The diameter of each nucleus is generally from 5 to 6 μ . Acidophiles granulations and fat are found in the cells.

Two types of cells are usually described in the thyroid vesicles: the "chief cells," far more numerous, clear and finely granular, and the "colloid cells," more opaque and granular. Differences, however, between these two varieties are not sufficient to warrant differentiating them into two distinct types of cells. The colloid cells seem to be merely chief cells loaded with colloid material which has not yet been excreted into the alveolar lumen. For the majority of the thyroid cells, the secretion affects the *merocrine type*. This means that a part only of the cell is used by the secreting process. Once elaborated, the secretion is evacuated into the alveolar lumen by the breaking open of

the nuclear membrane; then the cells regenerate and become "chief cells," ready to start over the secreting cycle. In numbers of other instances, however, the secretion affects the *holocrine type*. In these cases the whole cell is used for colloid production. Nothing remains afterward, the whole cell is destroyed.

Colloid.—Some follicles are without lumen. The majority, however, contain *colloid substance*. Colloid may be fluid or thick. This difference in consistency is due to the difference in concentration of the albuminous substances. When filled with thick colloid, the follicle seems to be distended, and when it contains fluid colloid, the follicle does not seem to be under tension.

The staining power of colloid is exceedingly variable. In the same microscopic field it is not rare to find alveoli in which the colloid did

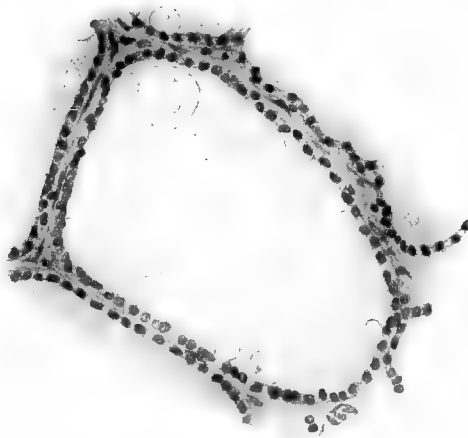


FIG. 6.—Colloid with its vacuoles. $\times 350$.

not stain at all and others which did take the staining in the most intense manner. We may say in a general way that the thicker the colloid, the more it will stain, although this is not always true, as solid lumps of colloid are not so rarely seen in which the staining has scarcely taken.

The thick or solid colloid looks homogeneous, and must be regarded as a product which does not absorb as readily as thin colloid. It is quite common to find *vacuoles* in the colloid (Fig. 6). These vacuoles are often artefacts due to retraction of the colloid substance when it undergoes coagulation. These vacuoles are then located at the periphery of the coagulum and remain in connection with the walls of the follicle through very thin trabecules. Oftentimes, however, they are due to the presence of fat and mucine in the colloid. They are then more or less in the center of the colloid.

The colloid most generally enters the general circulation through the

lymphatic spaces and vessels surrounding each follicle. These lymphatics often contain a substance with atypical staining qualities similar to the ones of colloid. That, however, this substance is identical with the colloid is not yet an absolute, demonstrated fact.

The amount of colloid found in a gland is by no means a true index of the functional activity of the thyroid. In the newborn, and in Graves' disease the amount of colloid found is scant. The same is true in acute infectious diseases; there the colloid is diminished in direct proportion to the severity of the disease. Nobody, I presume, will contend that in these conditions the functional activity of the gland is diminished. Everything seems to disprove it; the experimental as well as the microscopic findings and especially the increased blood supply. On the other hand, the colloid is increased in conditions where we know the functional activity of the gland is diminished, as in colloid goiter and in hypothyroidism. Why such apparent discrepancies? Because, beside "secretion" there is another phenomenon just as important and that is "absorption." The amount of colloid found in a gland depends upon these two processes, and the physiological activity of the thyroid depends largely upon the equilibrium between them. For instance, we may find very little or no colloid in an extremely active gland, because there is at the same time a rapid absorption of the thyroid products going on. On the other hand, the quantity of colloid may be found materially increased in cases where secretion and absorption are diminished. In these two instances we would draw false conclusions as to the functional activity of the gland, if we should judge it only by the amount of colloid found. One thing, however, seems to be certain: the amount of colloid and especially its consistency seems to be in direct relation with the increased vascularization. This is not only true in Graves' disease, in acute infectious processes, in thyroids of newborn babies, but has also been shown experimentally. With increased blood supply the colloid loses its thickness and becomes readily absorbable.

Desquamation.—Normally, a few cells may decay, lose their connection with alveolar walls, and fall into the lumen of the alveoli where they will gradually disintegrate and be eliminated. These desquamated cells are replaced by new ones. In pathological processes, especially in severe thyrotoxicosis, desquamation may be very marked. As a rule it is always accompanied with thinning or absence of the colloid. It is always of severe prognosis.

EMBRYOLOGY.

The thyroid is primarily a dependence of the esophagus (tuniciers ammocetes) and in its endostyle form is a digestive gland of great impor-

tance through its external secretion. In its ductless form it is only the atrophic remnant of its ancestor, which, while it has suffered a corresponding distortion of function, still profoundly influences the animal's nutrition through the effects of its internal secretion.

The thyroid gland is found in the anterior portion of the neck of every vertebrate animal. It is absent in the amphioxus. It originates from an unpaired formation, the *tuberculum impar* of His, which is formed in the middle line by an evagination of the epithelium of the anterior pharyngeal wall, at the level of the second branchial arch, in or slightly anterior to the first aortic arch. For a long time it was thought that the thyroid gland had a double origin and was formed by the fusion of the median and lateral thyroids, originating from the median and lateral "anlagen." However, Müller, His, Verdin, and Tourneux, after careful investigations, have come to the conclusion that the thyroid originated only from a single median evagination taking place in the anterior wall of the pharynx, between the three divisions of the tongue, from which place it descends into the neck to its resting place astride the upper portion of the trachea.

On a frontal and vertical cut the human embryo, two weeks old, shows laterally of the cephalic extremity a series of branchial arches separated by branchial grooves. In the human embryo of 6 months five branchial grooves are present, the fourth being divided into two. Between the second, third, fourth, and fifth branchial arches on both sides, and between the inferior maxillary and the basis of the heart, there is a triangular space which is called the *mesobranial field* of His (Fig. 7). From this field will derive the thyroglossus duct and the thyroid gland. Laterally of the mesobranial field of His are found *branchial arches* and *branchial grooves* which altogether form the *branchial apparatus*. Branchial arches and branchial grooves are separated, one from the other, by a thin wall of tissue covered inside with *endoderm* and outside with *ectoderm*. These branchial and mesobranial elements give rise to very different and very important organs and to very well-differentiated embryonic residues from which thyroid tumors may derive; therefore from an embryological point of view it seems logical to divide the tumors of the thyroid into *tumors of mesobranial origin* and *tumors of branchial origin*.

In the mesobranial field, just in front of the second groove, a median invagination of the walls of the pharynx appears, forming a depression which becomes deeper and deeper, and finally forms the *thyroglossus duct*. At its lower end this duct bifurcates, forming two terminal buds, which proliferate into a glandular organ (Fig. 7) which later on will be the thyroid gland.

In the middle of the second month of intra-uterine life the thyro-

glossus duct divides into two portions, the superior and the inferior. The superior portion, called the *lingual duct*, extends from the hyoid bone to the foramen cecum of the tongue; the lower portion, or *thyroid duct*, extends from the hyoid bone to the isthmus of the thyroid gland.

This division of the thyroglossus duct into the lingual and thyroid ducts is produced by the hyoid bone, which, at the end of the fifth week, is represented by a cartilaginous mass interposed between the two

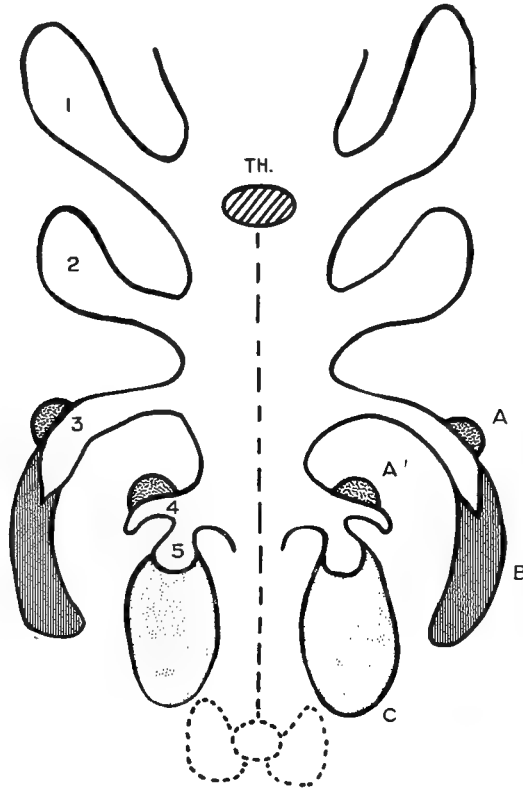


FIG. 7.—1, first branchial groove; 2, second branchial groove; 3, third branchial groove; 4, fourth branchial groove; 5, fifth branchial groove; *A*, thymic portion of the parathyroid; *A'*, thyroid portion of the parathyroid; *B*, thymus; *C*, postbranchial body; *TH*, thyroid.

segments of the thyroglossus duct. Sometimes this interposition does not take place, and in that case the thyroglossus duct forms a continuous canal extending from the foramen cecum through the lingual raphe, and passing, as a rule, behind and sometimes in front of the hyoid bone. In few exceptions it passes directly through the body of the bone.

Ordinarily, the thyroglossus duct bifurcates in front of the larynx, forming the isthmus, the lobes being formed by the two terminal buds.

However, the bifurcation of the thyroglossus duct may take place higher up, as far as the foramen cecum; in that case we shall have two pyramidal processes, one on each side, or we may have two lobes with the pyramids, but no isthmus at all (Figs. 1-4).

The thyroglossus duct has a constant and specific structure. It is lined with one layer of cylindrical epithelium provided in places with vibratile cilia. Very rarely is this duct lined with pavementous epithelium. The terminal portion of the thyroglossus, which constitutes later on the thyroid gland, has at first the same cylindrical structure, so that at the end of the fifth or sixth embryonic month the thyroid is formed

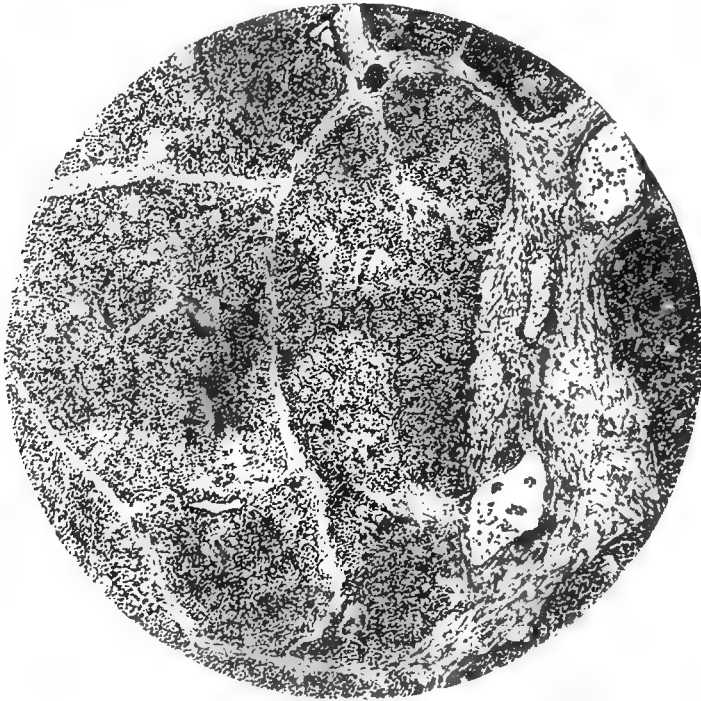


FIG. 8.—Congenital goiter. Simple parenchymatous goiter formed by a cellular mass not yet differentiated into adult alveoli. $\times 58$.

by alveoli lined with one single layer of epithelium; their lumen is very small and does not contain colloid; protoplasm is clear, has no vacuoles; nuclei are compact and the chromatin forms a stain instead of a network.

Later on this epithelium loses its cylindrical character, and at the end of the seventh month the structure of the thyroid gland has changed considerably; an intense cellular desquamation takes place and fills the lumen of the alveoli, so that toward the end of the intra-uterine life the thyroid is composed of a uniform, non-differentiated mass of cells (Fig. 8) pressed one against the other and containing a few capillary vessels. The nuclei are large, swollen, clear; no colloid is present.

The cause of the desquamation is yet unexplained. A few weeks after birth, however, regeneration of the thyroid takes place; the epithelium shapes itself into epithelial cords which undergo a process of direct division, thus forming new alveoli in which the epithelium becomes cubic or flat.

Consequently, it may be said that the thyroid passes through three different stages:

1. The *embryonic* or *thyroglossus stage* formed by cylindrical epithelium.
2. The *fetal stage* formed by a non-differentiated cellular mass.
3. The *adult* or *vesicular stage*.

The embryonic and fetal types may leave persistent inclusions in the thyroid. Wölfler has demonstrated that these inclusions of fetal parenchyma are not seldom found in the thyroid, and that they may result in the production of a tumor known as the fetal adenoma.

After the thyroglossus duct has formed the thyroid gland with its lobes and isthmus it gradually becomes atrophied and forms a fibrous cord, called by His the *thyroglossus tractus*, and which extends from the foramen cecum of the tongue to the pyramidal process. Exceptionally, this canal may remain permeable in all its course from the base of the tongue to the thyroid.

The thyroglossus duct may leave over its entire course islands of thyroid tissue at the cost of which, later on, *accessory glands* or *goiters* may develop. Sometimes the thyroglossus tract does not terminate in the thyroid but extends downward into the anterior mediastinal space, and may even reach the aorta. In that case accessory glands may be left over the entire length of this course. Thus is explained the origin of accessory thyroid glands, and of tumors of the mesobranchial type developed, not only at the base of the tongue and in the cervical region, but also in the mediastinal space.

In the same way during the embryological evolution islands of ectodermic epithelium may be left behind, remaining in close contact with the thyroid gland. Later on these inclusions are liable to give rise to tumors with pavementous epithelium, hence *cancroid* of the thyroid.

The dorsal cul-de-sac of the third branchial groove forms the *external* or *thymic parathyroid*. The ventral portion of this third groove forms the *internal parathyroid*. The ventral cul-de-sac of the fifth branchial groove forms the *postbranchial* or *ultimobranchial body*.

Postbranchial Bodies.—Van Bemmelen discovered in the embryo of the shark and thornback, behind and on each side of the last branchial arch, a pocket-like formation containing follicles, and resembling the thyroid gland. This glandular organ lies so near the heart that Van Bemmelen called it *supraparacardial body*. With the exception of the cyclostoma and the temnostiver such organs have been found in other classes of vertebrates, for instance in the amphibious reptiles, birds

and mammalian animals. Because these organs are always situated behind the last branchial arch, Miwa called them *postbranchial bodies* (Fig. 7). In amphibious reptiles, birds and mammalian animals these postbranchial bodies give rise to follicles with epithelium and vibratile cilia, but according to Miwa, colloid is never found.

These colloid bodies have been considered by a few authors as giving rise to the lateral thyroids, which after fusion with the median thyroid were thought to form the thyroid gland. But this has been disproved by Miwa, His, Verdin and Tourneux. In their opinion these postbranchial bodies have nothing to do with the formation of the thyroid gland. They are separate organs whose significance is not yet clear, and which in Verdin's judgment undergo an atrophy and finally disappear.

From an embryological stand-point, De Quervain, Delore and Almartine were consequently justified in classifying the thyroid tumors in two large classes:

- I. Tumors of mesobranchial origin.
- II. Tumors of branchial origin.

TUMORS OF MESOBRANCHIAL ORIGIN.

These are median tumors in the neck which originate from the thyroglossus duct and from the organs which derive from it, namely, the thyroid gland and the accessory thyroid gland.

TUMORS OF BRANCHIAL ORIGIN.

- | | |
|---|---|
| 1. Tumors of ectodermic origin due to inclusion of ectodermic epithelium. | } All cancers with pavementous epithelium. |
| | } a. First branchial groove gives <i>fistula</i> in connection with the external auditory canal and the <i>mixed tumors</i> developed in the parotid and submaxillary glands. |
| 2. Tumors of endodermic origin due to inclusion of endodermic epithelium. | } b. Second branchial groove gives <i>branchial cyst</i> and <i>fistula</i> and all mixed tumors of the lateral region of the neck. |
| | } c. Dorsal portion of the third and fourth grooves gives <i>parastruma</i> . |
| | } d. Ventral portion of the fourth or fifth branchial grooves gives the <i>postbranchial tumors</i> . |
| 1. From the <i>thyroglossus</i> duct. | } a. Lingual goiter. |
| | } b. Median, congenital cyst and fistula; benign and malignant. |
| | } c. Goiters with cylindrical epithelium. |
| 2. From the <i>thyroid</i> itself. | } a. All benign goiters. |
| | } b. All malignant goiters. |
| 3. From the <i>accessory thyroid glands</i> . | } a. All benign accessory goiters. |
| | } b. All malignant accessory goiters. |

This synoptical picture based on embryological considerations is very clear and scientific. It gives the key to the explanation of these very obscure tumors found in the neck and in the thyroid gland, which have so long been a puzzle to the pathologist. Easily explained thereby will be the origin of lingual goiter; of the median and lateral cysts and fistulæ of the neck; of the accessory glands from all along the neck and in the superior portion of the mediastinal space. Easily explained, too, are these puzzling and various tumors in which the thyroid is so rich, as the parastruma, papilloma, postbranchial, mixed tumors, etc.

CHAPTER II.

PHYSIOLOGY OF THE THYROID.

History.—Theories regarding the physiology of the thyroid have been numerous. Wharton thought it was merely a cosmetic organ whose function was to produce a nice, soft, roundness of the neck. Other authors thought that it acted as a mechanical support to the larynx, and protected this organ against cold. Boerhaave thought that it acted as a cushion whose gentle pressure served as a modulator of the voice. Morgagni, Santorini, Winslow and Lalouette thought that the gland was in direct communication with the larynx, and that it probably had an excretory canal emptying into the region of the vocal cords; and that under such conditions the secretion of the thyroid acted as a lubricant for these cords. As late as 1870 Ricou believed in the existence of this excretory canal; some other authors believed that the thyroid communicated directly with the esophagus and considered the foramen cecum as the point of outlet of the canal.

For quite a long time the thyroid was considered as a mechanical regulatory organ of the blood circulation and was regarded as an arterial reservoir intercalated between the cephalic and the carotico-subclavian systems; filled with blood, the gland was thought capable of compressing the carotids, thus diminishing the quantity of blood going into the brain. Compared to a sponge capable of derivating or giving up at will the blood destined to the cerebral organs, the thyroid was then regarded as a safety-vent for the cerebral circulation. There is no need to say that these hypotheses are for the most part purely fanciful and are not supported by any experimental facts. However, it might be incorrect to claim that the thyroid has no effect whatsoever on the cerebral circulation, as this gland receives its nerve supply from the superior laryngeal nerve containing the vasodilatory fibers, and from the sympathetic nerve which contains the vasoconstrictory fibers. Experimentation shows that excitation of the central end of the superior laryngeal nerve causes an intense reflex vasodilatation of the thyroid: hence diminution of the quantity of blood directed toward the cerebrum; on the other hand, irritation of the sympathetic nerve causes a vasoconstriction, and consequently an increase of the quantity of blood thrown into the cerebral circulation. It is therefore possible that in certain given conditions this mechanism is called into play and thus

may be regarded to a certain extent as a regulator of the cerebral circulation.

One of the most curious theories of the physiology of the thyroid is that of Fomeris. According to this author this organ plays an important part in the physiology of sleep; it swells up during sleep because it retains a certain portion of the blood destined to the brain and gives it off again during the period of wakefulness. Evidently this author believes that sleep is due to cerebral anemia.

In conclusion we may say that the regulation theory is not supported by any experimental facts nor by surgical experience, as no disturbances in the cerebral circulation are noticed after operations. The histological structure of the gland, too, speaks against this theory; the thyroid is a glandular and not a cavernous organ.

All these theories have only an historical interest. Our knowledge of the physiological function, although still incomplete, has become more precise in the last quarter of a century; the thyroid must be regarded as a glandular organ of great importance in metabolism.

In 1840 Astley Cooper noticed that thyroidectomy in animals was followed by a peculiar symptom-complex, but he did not pursue his experiences any further nor did he give his observations their correct interpretation. In 1859 Schiff called attention to the dangers connected with thyroid insufficiency. His experimental results, however, passed unnoticed until 1883, when Kocher and Reverdin made their epoch-making discovery.

The physiology of the thyroid may be studied from two angles. Valuable information may be gained by performing a complete thyroidectomy in animals to see what the outcome will be. Information may be, furthermore, secured by studying the influence of the administration of the gland itself upon the different organs and functions of the body.

Results of Experimental Thyroidectomy.—The thyroid is an organ necessary to life and its absence produces a clinical syndrome which has been called *myxedema* or *cachexia thyreopriva*, and which terminates, as a rule, in death. Schiff, Wagner, Horsley, von Eiselsberg and others have shown that extirpation of the thyroid in young animals causes death much sooner than extirpation in adults. Children with total aplasy of the thyroid never reach puberty. The most important symptoms observed after complete thyroidectomy are a retarded metabolism and an arrest in the growth of the osseous system, myxedematous infiltration of the skin and intellectual disturbances.

In *young animals* the arrest of development is considerable and affects at the same time the skeleton, the nervous system, and the genital apparatus. Young thyroidectomized animals remain small; their

bones do not develop; their cartilages and epiphyses do not proliferate; they retain, in fact, their fetal aspect. The skin becomes rough and infiltrated with a mucinoid substance, hence the name *myxedema*. This mucinoid infiltration is found, too, in muscles, nerves, and other organs. The young animals remain apathetic and dejected; their movements are slow and awkward, while physical activity is a burden to them. The genital organs remain infantile; the testicles do not descend and, as a rule, do not secrete spermatozooids; the ovaries remain small and become sclerocystic. Furthermore, the respiratory exchanges and oxidation processes are diminished; the animals become anemic; their temperature is low and the development of the disease is progressive until death occurs.

A complete thyroidectomy in *adult animals* produces the same clinical picture but less intensified. The muscular system becomes weak and paretic; the nervous and psychic functions are disturbed; the skin becomes swollen and edematous, while the hair becomes dry and brittle. The metabolism is diminished, but as these animals have reached normal growth no disturbances of the osseous system are found.

Food seems to have a certain influence on the severity of the development of myxedematous conditions. Thyroidectomized dogs, for instance, seem to stand a cooked-meat diet with impunity, but as soon as they are given fresh meat the symptoms of thyroid insufficiency at once become more severe. Death can be delayed for a longer period if the animals are kept on a milk diet. Apparently, thyroidectomized animals are unable to destroy certain toxic products of a meat diet.

After the thyroid has been completely removed its functional insufficiency becomes manifest more or less rapidly, sometimes in a few days, sometimes after a few weeks, and sometimes after many months.

Tizzoni, Alonzo and Ughetti did not observe symptoms before nine months, and Horsley waited one and three-quarters years before symptoms of cachexia appeared in a sheep which had been completely thyroidectomized. This will explain why there have been authors claiming that thyroidectomy had no effect upon the condition of the animals. Either these authors did not wait long enough for myxedematous symptoms to appear or they mistook the lymphatics or submaxillary glands for the thyroid, or if they did remove the thyroid, their operation was not complete, or if it was, accessory thyroids must have been present.

Thyroid and Parathyroids.—For a long time great confusion has prevailed concerning the correct interpretation of phenomena observed after thyroidectomy, as symptoms depending solely upon thyroid insufficiency were ascribed to parathyroid disturbances, and *vice versa*. It was thought, too, that the consequences of thyroidectomy were more severe in certain species of animals than in others. Horsley, in 1891,

summing up the results of experimental pathology, found that thyroidectomy was not followed by cachexia in birds and rodents, that it took a mild course in ruminants, and that it was of the utmost severity in carnivorous animals. To be sure, everything being equal, symptoms following total thyroidectomy in carnivorous animals are more severe than in herbivorous animals, because, as we have seen, a meat diet seems to cause more symptoms than a milk or herbivorous diet, but this is not the sense of the above statement. Horsley meant that carnivorous animals became acutely sick and died after a few days in the most acute convulsions, whereas herbivorous animals stood the operation more easily and developed gradually a chronic pathological condition known as myxedema. As we see, he did not at the time separate the symptoms belonging to thyroid insufficiency from the ones of parathyroid origin.

Thyroid and *parathyroids* are not only anatomically and pathologically different, but their physiological function is likewise not similar. If in animals the thyroid alone is removed and the parathyroids left *in situ*, a chronic, slow cachexia, which we call *myxedema*, takes place; but if the parathyroids alone are removed and the thyroid left *in situ*, the most severe convulsions appear very soon and the animal dies of *tetany* in the course of a few days. Now, then, the error made in the interpretation of these symptoms can be very easily explained. In carnivorous animals the parathyroids are found, as a rule, embedded within the capsule in the thyroid tissue itself, while in herbivorous animals the parathyroids are located outside the capsule of the gland. In sheep and goats, for instance, a considerable amount of parathyroid tissue is present outside of the thyroid gland; in rabbits two of the parathyroids have no relation whatsoever with the thyroid: consequently, when thyroidectomy in carnivorous animals was performed, the parathyroids were removed *ipso facto* at the same time, whereas in herbivorous animals they were left uninjured; hence the difference in the clinical picture in both species of animals. In one case they developed *tetany*, in the other *myxedema*.

Pineles, on the strength of his clinical material on the congenital absence of the thyroid, had already come to the conclusion that the parathyroids and thyroid were two entirely different organs, anatomically as well as functionally. In his judgment, if nature wanted to undertake an experiment to demonstrate the independence of the parathyroid system from the thyroid one, it could not have done it more elegantly and more fully than in *thyroid aplasy*. We know that in such condition the thyroid is entirely absent, but the parathyroids are preserved. In 8 out of 14 cases of thyroid aplasy he was able to demonstrate microscopically the absence of the thyroid and the presence of

normal parathyroids. Furthermore, he showed that in 4 cases of lingual goiter which had been operated, myxedema followed, whereas no symptoms of tetany were observed, and for the simple reason that in such cases every bit of thyroid tissue had been removed, but the parathyroids had remained untouched.

To Gley, Vassale and Generali, however, belongs the credit for having demonstrated beyond doubt that the symptoms observed in animals after strumectomy did not all recognize the same origin, and that nervous symptoms and convulsions were due to an injury of the parathyroids, whereas myxedema recognized as its cause a thyroid insufficiency. Since then these conclusions have been investigated and controlled by a great number of authors and found correct. We can today safely conclude that the thyroid and parathyroids are two entirely different organs, and that to the insufficiency of one organ belongs a set of symptoms which differ entirely from the clinical picture due to insufficiency of the other one. Such conclusions are based upon the following reasons: After partial extirpation of the parathyroids, tetany does not occur; no lesions of the nerves in the neck, as extensive and complicated as they may be, can determine similar symptoms; furthermore, histologically, the parathyroids are different from the thyroid. If the thyroid alone is removed, no tetanic convulsions develop, but myxedema follows; if the parathyroids are removed and the thyroid is left untouched, the clinical picture of parathyroid insufficiency at once becomes acute, but no myxedema follows. The trophic disturbances are due to the absence of the thyroid alone, whereas the acute, convulsive troubles must be referred to the suppression of the parathyroid function. Furthermore, in athyroidism, the thyroid function alone is suppressed, whereas the parathyroids remain normal. In postmortems of myxedematous patients and cretins where no vestige of the thyroid could be found the parathyroids were found normal. Finally, parathyroid opotherapy is often capable of curing tetany, whereas thyroid opotherapy is inefficacious.

I know that on the strength of certain experiments made by Gley in 1909-1911, by A. E. Melnikov in 1909, by Iselin in 1911 (who found that young parathyroidectomized animals which did not succumb to tetany developed a condition similar to rickets and died of cachexia), by Louis Morel in 1911 (who seems to have demonstrated that after parathyroid extirpation symptoms of slow cachexia similar to the one seen in myxedema develop), Gley, in the last edition of his *Physiology*, 1913, believes there must exist a functional association between these two organs. According to these authors tetany is not the only consequence of the parathyroid insufficiency, but the suppression of these glandules determines cachexia and trophic disturbances of the skeleton, probably

by disturbing the entire chemical metabolism. How? It is not known. Swale, Vincent and Joly do not want to admit that the parathyroids have a specific function of their own. They believe that the thyroid and the parathyroids form a unique, physiological system, that the thyroid is capable of a vicarious function in case of parathyroid insufficiency, and *vice versa*. In view of the enormous amount of work done in that line by the most competent observers such conclusions seem audacious and presumptuous. They seem certainly contradicted by the clinical facts.

Postoperative Tetany in Animals.—The symptoms due to complete parathyroidectomy develop soon after operation and are rapidly fatal. Localized or generalized *tetany* is the dominant symptom. A few hours or a day or two after parathyroidectomy has been performed, symptoms begin; the gait of the animal becomes unsteady and awkward; an intense tremor develops and later on clonic muscular contractions, tetanic cramps, resembling the contractions seen in tetanus, dominate the picture. Resting apparently quietly for a time the animal is suddenly taken with a convulsive spell, falls on his side, with teeth chattering; rigidity may or may not be present; a few minutes after everything is over. These spells gradually recur more frequently and the spasmodic contractions become more intensely developed. During the convulsions the animal cries, showing that he suffers; his hind legs are contracted and stiff and in the most severe cases the animal may lose consciousness for hours. During the spell his temperature rises very high and may reach 109–110°. Respiration is accelerated. During the spells dyspnea is very marked, tachycardia is present; urine is scarce and often contains albumin. The number of red corpuscles is diminished, whereas the polynuclears are increased. Death occurs, as a rule, five to eight days after parathyroidectomy, and takes place during convulsions or coma.

If one parathyroid has been left *in situ*, tetany does not follow or may appear only temporarily. This is so true that Halstead was able in a very elegant and conclusive experiment to show that the removal of the four parathyroids in an animal was absolutely harmless, provided that one of these glandules was transplanted into the abdominal wall. The animal lived without showing any pathological manifestations whatever. But as soon as the transplanted parathyroid was removed, marked symptoms of tetany soon appeared and death followed quickly. In some instances tetany developed, although one parathyroid had been left *in situ*. This was probably due to the fact that the little glandule had been unduly traumatized or disturbed and had gradually undergone resorption. If removal of the parathyroids is done gradually and at different periods of time, as soon as the whole parathyroid system is removed, the symptoms become just as acute as if all the parathyroids

had been suppressed in one sitting. Although the symptoms are less marked in adults than in young animals, the termination is nevertheless fatal in both. It is during pregnancy that parathyroid insufficiency presents its maximum of development. Adler and Thaler have shown experimentally that the removal of a small portion of the parathyroids in pregnant animals caused severe symptoms of hypoparathyroidism, whereas the removal of the same amount of parathyroid tissue in non-pregnant animals was without effect.

Iselin showed that the offspring of rats which had undergone experimental lesions of the parathyroids showed a marked congenital tendency to tetany. This latent parathyroid insufficiency was so marked that the removal of one parathyroid only was sufficient to determine the most violent tetany, and which always proved fatal.

Pfeiffer and Mayer found in the blood of dogs suffering from post-operative tetany a toxic principle which injected into mice did not cause any disturbance whatever until the parathyroids of these mice had been subjected to trauma. In that case, even if a large portion of the parathyroids were left uninjured, the mice developed the most severe tetanic symptoms, whereas the controls remained unaffected.

Action of Thyroid Administration and Thyroidectomy on Metabolism.—Under normal conditions the thyroid secretion is a physiological product playing a very important part in metabolism, and elaborated in sufficient quantities to meet the physiological demands of the organism, but as soon as it is secreted in excessive or insufficient amount, marked pathological symptoms follow; hence, hyperthyroidism and hypothyroidism.

From the beginning of opotherapy it has been observed that if thyroid preparations are given to animals or human beings, a certain train of toxic symptoms which we call *acute thyroidism* may sometimes follow, as tachycardia, headache, vertigo, mental excitation, tremor, nausea, vomiting, polyuria, albuminuria, glycosuria, and moderate exophthalmos. The symptoms observed in such conditions are of two varieties: (1) the ones due to the physiological properties of the thyroid itself; (2) the ones due to adulterated thyroids. This latter condition will be discussed in the chapter on Opotherapy.

Some of the symptoms found in acute thyroidism are very similar to those found in iodine intoxication, as cerebral excitation, palpitations, tremor, etc. Ewald believes that a certain number of symptoms seen in acute thyroidism may be due to the excessive or rapid phenomena of disassimilation and to the direct action of the drug on the nervous centers. Thyroid extract injected into normal animals produces at first prostration and somnolence, and soon after tachycardia, tremor, fever, dyspnea, extreme agitation, brilliancy of the eyes, slight exoph-

thalmos, and polyuria. Gradually the animals lose flesh, have diarrhea, melena, polyuria, albumin, and finally sink into a state of stupor, become semiparalyzed in their hind legs, and die. Young animals succumb very much sooner to hyperthyroidization than adult ones. Ballet saw a young dog, five or six months old, die seven days after daily intravenous injections, whereas adult animals could stand doses three times larger for months.

In certain instances, thyroid extract being used in subcutaneous injections, the same authors could witness the development of a real, experimental goiter. Lanz and Trachewski were able to produce an atrophic thyroiditis with thyroid feeding. Canter even saw the development of a myxedema.

Injected subcutaneously, intravenously, or given by mouth, thyroid extracts have more or less the same influence on *previously thyroidectomized* animals. Trophic disturbances gradually diminish; myxedema becomes less marked; the skeleton grows again; the metabolic exchanges increase; blood becomes normal; urine is secreted in greater quantities, and, in short, the animals have a tendency to become normal again.

Action of the Thyroid on the Cardiovascular System.—In 1895 Schöefer saw that an intravenous injection of thyroid extract lowers the blood-pressure and causes a marked dilatation of the peripheric bloodvessels. As this has been found correct by many authors since, the thyroid gland has been regarded as an organ producing vascular hypotension. The theories set forth to explain this physiological phenomenon have been various. Von Cyon sought to explain it by the “depressor nerve theory.” In collaboration with Ludwig he found in the cervical region of the rabbit a small nerve formed by the junction of a sympathetic branch and a small fillet coming from the superior laryngeal nerve which, as we all know, is a branch of the vagus nerve. This nerve is called the “depressor nerve.” It extends downward into the thoracic cavity, reaches the heart, and terminates in the endocardium of the ventricles and auricles and in the region of the pulmonary artery and aorta. Its fibers are centripetal; excitation of the peripheric end does not produce any effect, but irritation of the central end is painful and determines at once a fall in the blood-pressure, which is caused by a reflex dilatation of the abdominal vessels. At the same time the heart action becomes retarded. If the two vagi have been cut, the excitation of the depressor nerve has no more influence over the heart action, but produces, just the same, a fall in the blood-pressure. According to its discoverer the function of the depressor nerve is to protect the heart against a sudden increase of pressure in the aorta and pulmonary artery. As soon as the blood-pressure exceeds certain limits the depressor fibers, terminating in the endocardium, transmit at once the irritation to the

centers of the splanchnic nerves, either inhibiting the vasoconstrictor centers or intervening directly on the vasodilator's centers. This causes at once a vasodilatation of the abdominal system. On account of the enormous capacity of this system the blood is deflected from the heart and consequently the blood-pressure on that organ becomes reduced, hence the name *depressor* given to that nerve; at the same time the cardiac action becomes slower. "Therefore," says von Cyon, "the depressor nerve should be regarded as a means of defense of the heart."

At the same time, through its vagal portion, the depressor nerve puts the heart and the thyroid gland in direct communication, so that a mutual and direct influence of one organ upon the other is established. Furthermore, it seems to be an accepted fact that iodothyron and thyroglobulin increase the excitability of the vagus and depressor nerves, whereas they diminish the excitability of the cardiac accelerators. There seems to be no doubt in von Cyon's mind that this fall in blood-pressure takes place through the depressor nerve.

According to Carnot and Georgiewski the fall in blood-pressure cannot be the consequence of the bulbar or spinal paralysis of the vasoconstrictor centers, as it takes place after the bulb and medulla oblongata have been destroyed. Neither can it be a question of paralysis of the peripheric abdominal vasoconstrictor centers, as it takes place after ligature of the abdominal organs. The fall of pressure subsists after both vagi have been paralyzed with atropin. Very likely, according to these authors, it is due to direct action of the thyroid secretion on the cardiac musculature.

More recently Fürth, Schwarth, Gautrelet and Lohmann have thought that the hypotensive action of the gland was due to *choline*. This substance, however, is not found only in the thyroid but also in all the other organs. Lohmann found in the thyroid three substances; one which he called *arginine*, without action on the pressure; another which he called *histinine*, markedly hypertensive; and another decidedly hypotensive.

The action of the thyroid secretion on the heart, according to Haskovec and others, causes a marked tachycardia, increasing with the slightest effort. This marked acceleration persists even if both vagi nerves have been cut. The frequency of cardiac trouble in goiterous patients is well known, and will be discussed at length in the chapter on Goiter Heart.

Action on the Blood.—Soon after complete thyroidectomy in animals a marked anemia is found; the red corpuscles diminish and a leukocytosis takes place. It was on account of this anemic condition that the thyroid was for a long time considered as a hematopoietic organ. After thyroidectomy the blood becomes intensely "venous," and accord-

ing to Albertoni and Tizzoni, in the most severe cases of thyroid insufficiency, the amount of oxygen may sink below the half of the normal quantity; of course the amount of CO_2 is greatly increased. It is to this venosity of the blood that Herzen, Vassale and Rogowitsch attribute the increased number of respirations of thyroidectomized animals. Vassale thinks that the red corpuscles have lost their capacity for fixing oxygen because he found that soon after intravenous injection of thyroid extract the blood loses its venous properties and becomes normal again. This "anoxihemy" may explain why thyroidectomized animals are so sensitive to slight changes in temperature. This is true, too, of patients suffering from cachexia strumipriva or of a mild degree of spontaneous hypothyroidism. We know that such patients prefer to be in warm rooms, and that even in the hottest day of summer they do not suffer from the heat.

The number of red corpuscles is materially diminished and so is the hemoglobin; polynucleated erythrocytes are not a rare feature. In such conditions the red corpuscles have a fetal aspect, are larger in diameter, and contain several nuclei. In hyperthyroidism the red corpuscles do not show any modification in quality nor in quantity. Soon after thyroidectomy the leukocytes increase in number but diminish later on. In hyperthyroidism the number of leukocytes is reduced, but hyperlymphocytosis combined with hypopolynucleosis is present.

The blood serum of thyroidectomized animals possesses toxic properties, and according to Bianchi, Jacobi and Wassermann its bactericide power is diminished. This explains why insufficiency of the thyroid predisposes to infections. Pagenoff thinks that the toxicity of the serum is caused by a leukomain which probably is nothing more than the thyreoproteid of Notkine.

Action on the Nutrition.—After thyroidectomy the nutritional disturbances are very marked. The animal's metabolism is reduced, the nitrogenous excretion is diminished, and in the skin a myxedematous infiltration takes place; this edema is hard, does not pit on pressure, and is of a sallow color. According to Virchow this infiltration is caused by an active proliferation of the subcutaneous tissue and to the presence of mucine. In myxedema Horsley has found mucine not only in the skin but in the blood, muscles, carotids, etc. He considers the thyroid as an organ regulating the assimilations and disassimilations; in his judgment, after removal of the thyroid these assimilatory processes do not take place any more, consequently, albuminates remain in their mucinoid state and are not metabolized.

The thyroid regulates the accumulation and repartition of fat in the body. It is well known that in hypothyroidism adipose tissue is increased, whereas in hyperthyroidism it is diminished. Lately it has

been demonstrated that the thyroid contains a *lipase* which in thyroid insufficiency is diminished, but is materially increased in hyperthyroidism, hence the intense lipolytic properties of the serum in Graves' disease. This lipolytic property is found not only *in vivo* but *in vitro*, as Youchtchenko has demonstrated.

Action on the Osseous System.—Trophic disturbances of the osseous system after total thyroidectomy are so much the more marked that the loss of thyroid function occurs in young individuals. The growth of skeleton ceases, bones remain short and fragile, calcification is incomplete, and ossification of the cartilages is arrested. Bones of thyroidectomized animals compared with those of controls are seen to be at least a third smaller. As pointed out by Gauthier, the fact that certain fractures do not repair normally and that the callus formation is retarded for weeks and months may be recognized as the result of thyroid insufficiency. Thyroid opotherapy in certain of these conditions has proved, indeed, very successful. On the other hand, according to Holmgren individuals affected with exophthalmic goiter at the time of their growth appear to have longer bones than normally.

Action on the Nervous System.—In animals which have died following intensive hyperthyroidization no well-defined lesions of the nervous system are found, whereas the cerebrospinal lesions seen in thyroidectomized animals have been various and multiple. Albertoni and Tizzoni found peripheric neuritis; Weiss and Rogowitsch found anemia, edema of the nervous elements, and a parenchymatous encephalitis; Schultze and Schwartz saw a leukocyte infiltration in the membranes surrounding the upper portion of the medulla. Herzen and Löwenthal saw a vacuolar degeneration and atrophy of the pyramidal cells and corticalitis of the region of the sigmoid gyrus, which is the motory center of the lower limbs. Capobianco saw vacuolar degeneration in both hemispheres of the cerebellum, in the bulb and in the gray matter of the medulla. Pisenti and Luppo found bulbar hemorrhages. Walter saw that thyroidectomy interferes with the regeneration of the peripheric nerve after traumatism, but that as soon as thyroid opotherapy is started the regeneration of the nerves takes place. Walter described marked pathological disturbances in the hypophysis after complete thyroidectomy.

Langhans has found a marked degeneration of the muscles in cretins. This degeneration is found in Basedow's disease and may explain the muscular weakness and tremor found in this condition.

Modification of the Urine.—In myxedema the quantity of urine is diminished and its toxic properties are increased. According to Pagenoff this toxicity of the urine is due to the same leukomain which he found in the blood of thyroidectomized animals. In the urine and thyroid of

Basedow's patients, toxic products have been isolated by Boynet and Silbert. The excretion of phosphorus in urine diminishes markedly after total thyroidectomy. Sugar, which is very often found in exophthalmic goiter, seldom appears in myxedematous conditions. It is well known that in Basedow's patients alimentary glycosuria is easily produced, whereas patients with hypothyroidism can stand large doses of sugar without showing glycosuria.

Albumin is sometimes found in great quantities after complete thyroidectomy, but Corronedi claims that albuminuria is caused by the fact that with the thyroid the parathyroids have been simultaneously removed, and that albuminuria is a symptom of parathyroid insufficiency and does not occur when the parathyroids have been left uninjured.

Robert Hutchinson in a revision of the literature upon the effects of thyroid extractives on metabolism says: "It may be said that the effect of the administration of thyroid is to increase the oxidation of the body; it makes the tissues, as it were, more inflammable, so that they burn away more rapidly. The products of the disintegration of the nitrogenous tissues appear in the urine almost entirely in the form of urea, uric acid, and the xanthin bases, while the products of the fat destruction are eliminated as CO_2 by the lungs and water by the kidneys."

Underhill and Faiki found that after complete thyroidectomy the ammonia output in the urine was increased even beyond what is observed in starving animals. Nitrogen in the urine is eliminated under the form of kreatin, purin bodies, allantoin. They found that thyroidectomized dogs are incapable of utilizing subcutaneously introduced dextrose in anywhere near the same degree as normal animals; that thyroid tissue fed to normal animals causes a slight increase in the urinary nitrogen excretion, and that this influence soon disappears when the thyroid feeding is stopped. Small doses of thyroid appear to have as pronounced an influence on nitrogen elimination as large ones.

How much of the thyroid is it necessary to leave in order to prevent symptoms of thyroid insufficiency? It has been demonstrated experimentally by Colzi, von Eiselsberg, Fuhr, etc., that one-third or one-fourth of the entire gland is sufficient to prevent myxedematous degeneration. Pineles found that one-eighth of the gland was sufficient to prevent thyroid insufficiency in the macacus. The remaining portion of the gland left *in situ* undergoes a compensatory hypertrophy which has been well described by Horsley and Halstead: cells begin to proliferate, become larger in size, and undergo a process of division forming new alveoli with colloid secretion.

CHAPTER III.

BIOLOGICAL CHEMISTRY.

IN the thyroid Ordtmann found 81.24 per cent. of water, 17.66 per cent. of organic matter, and 0.1 per cent. of inorganic matter, of which iodine occupies the most prominent place.

After iodine had been discovered by Courtois in 1812, Straub, of Berne, suggested that it was the active principle of the "toasted sponges" and "*æthiops vegetalis*," both of which had been used for centuries in goiter therapy. Ever since its discovery iodine has been universally employed in thyroid pathology. In 1895, very much impressed by the similarity of the effects of iodine and thyroid, Kocher suggested that it would be advisable to examine thyroids for that element. These researches, which were entrusted to an incompetent research worker, remained, however, negative. More fortunate than Kocher, Baumann in the same year discovered in the thyroid an element which he called *iodothyron* (thyroidine of Roos). This he considered as the active principle of the gland. Brown states this amorphous substance resists the digestive ferments and is insoluble in a 10 per cent. solution of HCl. Its iodine content varies from 10 to 14 per cent. This nitrogenous compound gives the xanthoproteic reaction. Later researches established the fact that this substance does not exist as such in thyroid, and that it is not the result of an active principle in the gland, but is produced artificially by the brutal action of sulphuric acid on the thyroid and is the result of decomposition of iodized substances contained in the gland.

Notkine extracted from the thyroid an albuminous substance which he called *thyreoproteid*. Given in subcutaneous injections to thyroidectomized animals it produces convulsions, dyspnea, and death, whereas given to normal animals it causes symptoms resembling those of cachexia strumipriva. This substance is not normally found in the thyroid, but is a toxic product of metabolism, and is neutralized in the gland itself.

Hutchinson, in 1897, discovered in the colloid two different substances: a *proteic* one, scarcely active and containing very little iodine, and a *non-proteic* one, with energetic properties, and rich in iodine and phosphorus.

Oswald isolated from the thyroid two different substances: the *thyreoglobulin* and the *nucleoproteid*. The first one may contain iodine or may not. If it contains iodine, it is called *iodothyreoglobulin*. The nucleoproteid is free of iodine but contains great quantities of phosphorus. Both substances enter for the most part into the composition

of colloid. Normally, the human thyroid contains from 1 to 9 grams of thyroglobulin and its amount increases in direct proportion to the quantity of colloid.

When injected intravenously the nucleoproteid was found by Oswald and von Cyon physiologically inactive, whereas the iodothyroglobulin possesses energetic properties. Its iodine content varies with the species of animal, 1.16 per cent. in the hog, 1.86 per cent. in cattle, and 0.34 per cent. in the human being. When thyroglobulin is free of iodine, as in young animals, it may be transformed into iodothyroglobulin by adding an iodide compound to the food. This synthesis is possible in the organism only, as Oswald was unable to iodize the thyroglobulin *in vitro*. In newborn babes whose mothers had been fed with iodine Nagel and Roos always found iodine in their glands, while they did not find any in the thyroids of babes whose mothers had not been fed with iodine during their pregnancy. Marine and Lenhart have recorded similar results for animals. The quantity of iodine contained in a gland is dependent upon the quantity of colloid and upon the quantity of thyroglobulin contained in the colloid.

The quantity of iodothyroglobulin which can be extracted from the thyroid amounts to a few grams and contains about 0.5 per cent. of iodine. How much of this substance is daily secreted by the thyroid is extremely hard to say, but, according to Oswald, if we take into consideration the amount of iodothyroglobulin which was sufficient to cure the case of myxedema reported by him we may judge that in the adult this amount will scarcely exceed 0.05, which contains about $\frac{1}{50}$ mg. of iodine. The action of iodothyroglobulin must not be compared with iodine, as the latter has entirely different pharmacodynamic properties. Iodine is an inorganic compound while iodothyroglobulin is an organic albuminous substance.

The nucleoproteid of Oswald does not contain iodine but contains 0.16 per cent. of phosphorus and arsenic. Besides these elements *leukomains* have been found by Bourquelot and Lepinois and *bromine* by Baldi. Chamagne was able to extract from the thyroid very toxic *lipoids*. Albumoses, leucin, xanthin, hypoxanthin, NaCl, sulphur, oxalate of calcium, and lactic acid are parts of the constituent elements of the thyroid.

The *dijodthyrosin* which Oswald discovered lately has the characteristic elements of iodized albuminous substances, but has no effect on the circulatory apparatus nor on the nervous system, and does not influence goiter in any way, therefore it cannot be considered as the active principle of the thyroid.

Kendall isolated a crystalline iodine (60 per cent.) compound from the thyroid in 1914. It is locked in the protein molecule and can be obtained only under the influence of carbon dioxide. The administration

of this substance gives all the effects of thyroid administration. If amino acids are injected simultaneously the pulse-rate is enormously affected; otherwise not. In general it affects the growth, mentality, skin, hemoglobin, and metabolism.

Iodin in the Thyroid Gland.—Iodin is found not only in the thyroid gland, but can also be detected in a great many other organs, as the muscles, suprarenal bodies, hypophysis, liver, kidneys, central nervous system, thymus, spleen, and lymph nodes. We must admit, however, that it is present in the thyroid in larger quantities than in any other organ of the body except in the parathyroids. There, according to Gley and Lafayette, the quantity of iodine is even larger than in the thyroid.

Iodin varies with the conditions of life of animals as well as of patients; it varies, too, with localities. In Fribourg, Switzerland, for instance, where goiter is frequent, Baumann found only traces of iodine in 7 out of 26 glands. Their average content was about 2 mgs., whereas 10 out of 27 glands from Hamburg contained more than 4 mgs. In Berlin the quantity was found to vary from 5.3 to 8.1 mgs. This difference was more striking in children. Out of 17 children of Fribourg from one day to seven years old only traces were found. Five times the thyroid contained a quantity of iodine varying from 0.7 to 0.3 mg., whereas in 5 thyroids of children from Hamburg, iodine was constantly present in proportion of 0.1 to 0.45 mg.

Iodin content in the thyroid increases if the food contains iodine. The aliments which contain most iodine are asparagus, carrots, beans, mushrooms, and fish. Iodin medications increase, too, the iodine content of the thyroid. After the skin of a dog had been rubbed with iodoform, Baumann found that the thyroid gland of this dog contained 0.3 mg. Smith and Broders found that external applications of tincture of iodine increased to a considerable extent the iodine content of the gland, and that iodide of potash given internally or hypodermically increased the iodine content of the gland very materially. After ingestion of bromides, bromine is stored in the thyroid in the same way as iodine. The amount of iodine in the thyroid increases gradually up to middle age and then decreases with old age. Atherton Seidell and Frederick Fenger found (*loc. cit.*) "That a marked seasonal variation existed in the percentage of iodine present in the healthy, normal-sized glands of the sheep, ox, and hog. There is in general about three times as much iodine present in the months between June and November as in the months between December and May. The seasonal variation in the size of the glands was observed in the case of the sheep and ox, but not in that of the hog. The glands were found to be larger in the months during which the lower iodine content was noticed."

Iodin is not invariably present in the thyroid. Miwa, Stoeltzner and Baumann and other investigators have pointed out the frequent

absence of iodine in the thyroids of children, of dogs fed on meat, and in those of cattle and other animals. They believe that iodine found in the thyroid has no more significance than the traces of copper found in the liver, and that its presence or absence and its quantity are dependent upon the food of the animal. In herbivorous animals iodine is found in greater quantities than in carnivorous, because vegetables contain iodine in greater or less quantity; whereas no iodine or very little is found in carnivorous, since pure meat diet contains no iodine or very little. Animals fed near the sea show a double amount of iodine than do those pastured in inland regions, because vegetable food along the coast is richer in iodine than that found in the interior. Töpfer, of Vienna, found no iodine in the thyroids of cattle; Roos, none in the thyroids of dogs, none in that of the wild-cat, none in that of the pole-cat, and found it in but two out of six martens. It was absent from the thyroids of 4 domestic cats and traces only were found in those of 5 others. None was found in 4 out of 11 dogs nor in 2 out of 4 horses. Weiss, after examining the thyroids of 7 children under four and a half years of age, found that the iodine content varied from traces to 0.37 per cent. Wells, in analyzing the thyroids of 6 children from Chicago, found that the glands of 3 had from traces to 0.092 per cent.; the other 3 had 0.11 per cent. Von Rositzky noticed in children under ten years of age that iodine in the thyroids varied from 0.012 to 0.041 per cent. Oswald, in 5 children from Basel under seven years of age, found from traces to 0.16 per cent. Charrin and Bourcet found in the thyroids of infants under three months from 0.0004 to 0.0054 per cent. Mendel found no iodine in the thyroids of 4 infants and found 0.07 mg. in others. Jolin found in 27 children from Sweden under four years of age no distinct traces of iodine and in 7 cases from traces to 0.086 per cent. Nigel and Roos found no traces of iodine in the thyroids of 4 newborn puppies. Yet animals as well as human beings in which iodine was totally absent or found in traces only were in just as good condition as the ones whose thyroids contained a higher percentage of iodine. Never have the children or animals in which iodine proved to be absent shown any indication of thyroid insufficiency. The hen's egg does not contain iodine when the young chick begins its life, yet its development seems to go on normally. The same is true for the human newborn. It is not possible to detect any pathological difference between animals which have a high percentage of iodine in their thyroids and those which contain none. The thyroid free from iodine seems to meet the needs of the body just as well as the thyroid which contains iodine. Thyroidectomy is followed by as severe symptoms in the latter case as in the former. Therefore many authors conclude that iodine is not necessary for the physiological activity of the gland, that it is not the active principle of the thyroid, and that it is only an accidental constituent of its secretion.

Hutchinson corroborated these conclusions. After having prepared an artificially iodized nucleo-albumin from the thymus of the calf, samples of which contained from 4 to 7 per cent. of iodine, he found it inactive in the treatment of myxedema and without effect upon the pulse, temperature, or weight of the subjects to whom it was administered. Blum and Hellin also found that iodized albumin was physiologically inactive. They consequently concluded, too, that iodine does not play any important part in the physiological function of the thyroid. Because an organ contains a physiologically active substance it does not follow that its physiological activity is due to that substance; for instance, we know that the thyroid contains arsenic in larger quantities than many other organs, yet nobody will claim that arsenic is the active principle of the thyroid, although arsenical preparations are all very active.

In 1899 Roos was the first to take exception to such views and reported the results of experiments tending to show there is a direct relation between the iodine content and the influence of the thyroid upon metabolism. He gave to a dog 5 mgs. of children's desiccated thyroid containing 0.025 per cent. of iodine. No effects upon the excretion of nitrogen nor upon the body weight were noticed. Another dose of 5 mgs. of children's thyroid containing 0.18 per cent. of iodine was found to cause an excretion of nitrogen of about 10 per cent.; and as the same proportion of iodine contained in the thyroid increased, the effect upon the metabolism became proportionately more marked. Von Cyon and Oswald found that thyreoglobulin free of iodine obtained from goiterous calves had no effect upon the circulation, but became active in direct proportion to its iodine content. Marine and Williams in two experiments fed desiccated sheep thyroid containing different percentages of iodine to dogs and found that the loss of weight of the animal was in proportion to the quantity of iodine in the thyroid fed.

Des Ligneris demonstrated that iodine taken by mouth or given externally to young dogs causes in parenchymatous glands an increase of colloid, the folliculi became distended, the epithelium flattened, and the blood supply diminished. The same experiments made upon old dogs had very little or no effect at all upon the amount of colloid; in grown dogs with colloid glands iodine did not increase the amount of colloid. Everybody knows Halstead's classical experiment: If a portion of thyroid is removed, the remaining portion of the gland reacts by secondary hypertrophy characterized by diminution or absence of the colloid secretion, hyperplasia of the epithelium, and increased vascularization. But if, soon after partial thyroidectomy has been performed, iodine is administered to these animals no secondary hypertrophy takes place; if iodine is given previously and then only partial thyroidectomy is performed, very little or no hypertrophy takes place.

Marine and Lenhart not only confirmed these results but went a step farther and claimed there is a constant relation between iodine content and the structure of the gland. They demonstrated that although it is true that in Halstead's experiments iodine will prevent secondary hypertrophy, it will not have this effect if a maximum of thyroid is removed; compensatory hypertrophy will then take place just the same. In order to produce these changes the amount of iodine does not need to be very large; the smallest doses are very effective. The same authors believe (*loc. cit.*) "that the organism retains iodine in the same manner in which it retains iron and calcium. The difference between the maximum and minimum of iodine found to be compatible with the maintenance of the normal histological structure represents the excess of intake or consumption. If iodine falls below a quite constant level, the gland undergoes characteristic and constant histological changes, while if iodine is given these changes, either do not occur, or if they have started, they are arrested. It is of little or no consequence whether hyperplasia occurs in man or animal, or whether it is associated clinically with myxedema or exophthalmic goiter. In the presence of sufficient doses of iodine all true hyperplasia is prevented."

I do not know how far these conclusions are correct, but they certainly do not correspond to what we see in our daily practice. From the above statements we have the right to infer that glandular hyperplasia found in Graves' disease is due to a "more or less marked lack of iodine," that the severity of the disease is in direct proportion to the diminution or absence of iodine in the gland, and consequently that iodine treatment is the only logical treatment of the condition. Nothing has been less demonstrated than that "lack of iodine" is the cause of Basedow's disease, and that its severity is proportional to its presence or absence; on the other hand, nothing has been better demonstrated than that iodine is not the specific treatment of exophthalmic goiter. More so, in the great majority of cases it is harmful. Yet it cannot be denied that iodine will prevent secondary glandular hyperplasia, as in Halstead's experiment. Why such inconsistency? Very likely simply because glandular hyperplasia in Graves' disease and glandular hyperplasia found as a compensatory process after partial extirpation of the gland are due to two absolutely different conditions corresponding to two absolutely different processes. *Similar* does not mean *identical*, and because glandular hyperplasia in both conditions has a histological resemblance, nothing proves that their chemico-pathological functions are the same.

Although variable in its limits, the highest iodine content per gram is found in normal glands. Whether these variations are due to variations in the intake or to the consumption within the organism or to

both is not known. More probably they depend upon the intensity of the chemicobiological metabolism whose intensity varies with each given individual.

In parenchymatous and exophthalmic goiter the amount of iodine varies inversely with the degree of glandular hyperplasia; consequently, the lowest amount of iodine will be found with the highest degree of hyperplasia. Yet Oswald, Caro, Smith and Broders, myself and others have observed cases of Graves' disease in which the iodine content was remarkably high. As in marked hyperplastic conditions colloid is generally absent or very much diminished, we can say that iodine varies in direct proportion to the amount of stainable colloid. Aesbacher strengthened these views by finding a diminished iodine content in alcoholic intoxication and in acute inflammatory diseases of the thyroid. This was to be expected, as we shall see in the chapter on Bacterial and Toxic Thyroiditis, that in such conditions there existed at the same time a glandular hyperplasia and a diminution of colloid. Claude and Blanchetiere, however, refuse to see any such parallelism between colloid and iodine, as they have found high iodine content in glands where no colloid was present. It is very well agreed that colloid glands in general contain less iodine than normal glands, although to this there are many exceptions, as shown by Oswald. In fetal adenoma Marine and Williams found iodine and there, too, the iodine content was in direct proportion to the glandular hyperplasia. The total amount of iodine that a gland may contain depends upon its size, the diet, locality, medication, etc. As regards the iodine content in human thyroids of cretins, no specific observations are recorded, but as these glands are atrophied, we can assume that the iodine content must be low. In old age there is a slight decrease of iodine seemingly proportionate to the degree of senile atrophy.

Be that as it may, the fact becomes more and more evident that iodine must not be regarded as purely accidental, but that it plays some important function in metabolism. The merits of having come nearer the solution of this problem certainly belong to Reid Hunt and Atherton Seidell. In extremely elegant and conclusive experiments they demonstrated that if small amounts of thyroid are fed to mice for a few days, these animals acquire a markedly increased resistance to acetone-trile. Thus, a mouse which had been fed with thyroid for nine or ten days recovered from seventeen times the relative amount of acetone-trile fatal to the controls; hence the conclusion that thyroid enables the mouse to "neutralize" or resist in some way doses of acetone-trile which in ordinary conditions are fatal. From another series of experiments it was found that if one part of iodothyron was fed to a mouse for ten days, it enabled the mouse to resist more than 240 times an equal amount of acetone-trile.

Up to that time iodin-free thyroids were regarded as being deprived of their physiological activity. With their delicate tests the same authors were able to demonstrate that this is not the case. They found that iodin-free thyroids have a low degree of physiological activity, that their activity is lower than the thyroids containing iodin, and that their physiological properties increase in direct proportion to the amount of iodin. Consequently, it may be concluded that the activity of iodin-free thyroids is nevertheless largely due to the iodin present in too small quantities to be detected, or that the iodin-free thyreoglobulin has of itself some physiological properties. The latter possibility would explain why in Hunt's and Seidell's experiments certain iodin-free thyroids were more active than thyroids containing small amounts of iodin. It may be supposed that iodin-free or iodin-poor thyroids can meet the ordinary demands of the organism; but if the demands upon the thyroid are not adequate to the function of the iodin-free gland, marked symptoms of hypothyroidism will follow, as shown, for example, by the losses suffered by sheep breeders on account of cretin lambs before the extensive use of iodin-containing salt.

Continuing their experiments, Hunt and Seidell found that the resistance of rats, mice, and guinea-pigs to morphin is uniformly lowered after thyroid feeding. In the case of rats there is a close parallelism between the physiological effect of the thyroid as determined by the increased susceptibility to morphin and the percentage of iodin. A similar parallelism was found in general in experiments on mice. Animals which had received thyroid with a higher percentage of iodin showed a better resistance. There is no explanation for the cause of this increased susceptibility.

If we sum up the results of these experiments and weigh them, it cannot be denied that a fact stands forth most strikingly, namely, that iodin seems to be of great importance in the thyroid's physiological activity. This is so true that Oswald considers iodothyreoglobulin as the active principle of the secretion, because, according to him, it possesses all the physiological properties of the thyroid. As we know, one of the most important properties of the gland is to cure spontaneous as well as operative myxedema. Now then, Oswald treated a young myxedematous boy, eighteen years old, measuring 131 cms. in length. He gave the boy a daily dose of 0.1 gm. of iodothyreoglobulin for twenty-one months. During that period of treatment the patient grew 21 cms., lost his cretinoid appearance, and improved in every respect, mentally as well as physically. Pick and Pineles have come to the same conclusions experimentally. Another property of the thyroid is to increase oxidation of fat and albumin. This property is found, too, in iodothyreoglobulin. Thyroid extract increases the susceptibility of the vagus

fibers to the faradic current; iodothyreoglobulin does the same. According to Oswald no other substance in the thyroid has a single one of the same properties as the iodothyreoglobulin, and these properties are due to the iodine combined with a globulino-albuminoid substance.

Is it really so? Is it really to iodine that thyreoglobulin owes its physiological properties and is iodothyreoglobulin the true active principle of the gland? The question is not settled: Baumann and Hutchinson, Oswald, Gauthier and others say, "Yes," whereas Fraenkel, Dreschel, Gottlieb, Chassavant, Hunt, Seidell, etc., claim that the iodized proteids are not the only ones possessing physiological activity. Most probably each camp holds a part of the truth; neither one of the compounds can be considered as representing the whole active principle of the thyroid gland; there must be other compounds endowed, too, with some physiological properties. This is suggested by the fact that every kind of thyroid preparation, and they are numerous, has some of the physiological properties of the thyroid, and that the thyroid *in toto* given as medication has succeeded where iodized preparations have failed.

If iodine plays an important part in the clinical function of the thyroid secretion, we must not forget that there are in the thyroid other chemical compounds to which not enough consideration has been given. *Arsenic*, for example, as previously said, exists constantly in the thyroid, and is present in that gland in quantities larger than in any other organ of the body. Certainly its presence is not an accidental one; it must play a part in the physiological activity of the gland. In nature arsenic and iodine do not exclude each other; on the contrary, they are most frequently found associated; sulphurous and iodized waters contain arsenic; algæ, for instance, contain iodine and arsenic always mixed together. Furthermore, iodine combined with arsenic is always an excellent thyroid medication. According to A. Gauthier arsenic is found in the thymus, skin, brain, and hypophysis, but nowhere else. Is this only a coincidence, or has it a greater significance than it seems to have at first? The answer is not yet at hand, but it will be interesting to note that the thymus, brain, skin, and hypophysis are precisely the organs electively involved in thyroid disturbances.

Phosphorus is constantly present in the thyroid. According to Bayer 5 gms. of fresh thyroid contains 0.00102 gm. of P_2O_5 (pentoxide of phosphorus). Kocher regards phosphorus as playing an important part in thyroid physiology. There seems to exist an antagonistic action between iodine and phosphorus.

Brisson, who has investigated the sulphur content of several endocrine glands, found 0.23 gm. of baryte sulphide per 2 gms. of thyroid. The organs which contain the greatest quantity of sulphur are the suprarenal bodies, testicles, and keratine.

In the thyroid Iscovesco found *lipoids*, which possess a very energetic physiological action. According to him there is in the organs of vertebrates a specific and unique lipid which, injected into the organism of an animal, has the property of localizing its action on the organ from which it originates and on this one only. These lipoids are called *homostimulants* because they exert their action by an elective influence on the medullar centers controlling the organ from which they derive. One of these lipoids, called by Iscovesco *thyrol A*, injected hypodermically produces exophthalmos, tachycardia, and swelling of the thyroid; another lipid when given in doses of 2 cgms. per kilogram produces cachexia.

The activity of the gland was thought to depend upon its ferments, and lately Youchtchenko showed that the thyroid secretion contains a great quantity of *catalase* and *peroxydase*. These ferments preside over the oxygen exchanges in the organism. In carnivorous animals he found in the thyroid a certain amount of *lipase*, a ferment which intervenes in the metabolism of fat. This would explain certain conditions found in hypo- and hyperthyroidism. In hypothyroidism the peroxydasic and lipasic ferments, being diminished on account of the reduced function of the thyroid, oxydative processes will be diminished, hence the sensation of cold, adipositas, etc.; on the other hand, in exophthalmic goiter the cellular activity being increased, the ferments are in greater quantity; consequently the metabolism is accelerated; hence the sensation of heat, elevated bodily temperature, loss of flesh, etc.

In summing up we see that the pharmacodynamic function of the thyroid, as of other organs, the liver, for instance, is not one but is multiple; it seems therefore logical to ascribe to the thyroid several functions: an *iodin function* presiding over the general metabolism; a *phosphorus function* presiding over the thermogenesis and over the vasomotor system regulating the cardiac rhythm; a *sulphurus function* presiding over the nutrition of the skin and the pileus system; and an *arsenical function* presiding over the nervous function and whose insufficiency causes, according to Hertoghe, migraine. Most likely every one of these functions takes place through a special hormone.

Conclusions Concerning the Thyroid Function and its Chemistry.—The thyroid is an organ necessary to life and plays an important part in metabolism. It presides over the nutritional exchanges, over the osseous growth, and regulates the nervous and vascular systems. Its insufficiency causes *hypothyroidism*. To this condition belong not only myxedema and cretinism, but also a large series of intermediate stages called by Hertoghe “form frustes,” and characterized, as we will see later, by disturbances in the sexual apparatus, gastro-intestinal tract, osseous system, etc. These disturbances may be more or less marked; many of

them may be present at the same time, or only one symptom may betray a light degree of thyroid insufficiency.

Thyroid and parathyroids differ not only embryologically and anatomically, but are also functionally two different organs. Complete removal of the thyroid gland produces chronic nutritional disturbances, as retarded osseous growth, myxedematous infiltration of the skin, marked reduction in general metabolism, with profound psychic disturbances. On the other hand, complete parathyroidectomy causes acute nervous conditions, as convulsions, tetany, which soon terminate in death. At the same time, hyperthermy, tachycardia, and dyspnea, as found in acute intoxications, are present.

What is the active principle of the gland? We may say that this active principle is not one but is multiple. The one which we know best is *iodothyreoglobulin*. It is regarded by many as the real and only active principle of the thyroid. This, however, has not been sufficiently demonstrated. No doubt it plays a very important part in metabolism and controls to a great extent the growth of the osseous system; better than any other, this substance embodies the best, the physiological, action of the thyroid itself. But it is not the only one; there are other substances in the thyroid which are physiologically important; there is a *phosphorus* principle presiding over the vasomotory system regulating the cardiac rhythm and thermogenesis. We have also seen that there is a *sulphurous* principle presiding particularly over the nutrition of the skin and pileus system. Finally, there is an *arsenical* principle which has a certain action over the nervous system. Every one of these principles represents, we may say, a special *hormone*. How these different hormones, and very likely others which we have not yet discovered, exert their action and where is not known. Shall we consider them as excitants of the cellular nutrition facilitating the assimilative process, or shall we consider them as substances necessary to the cell itself and its functions, just as traces of zinc seem to be an absolutely necessary aliment for the *aspergillus niger*? The answer is still not at hand.

Biedl thinks that there are in the thyroid two hormones which he calls *dissimilatory* and *assimilatory*. According to him the dissimilatory hormones activate the normal activity of the organs, of the heart, of metabolism, of the adrenals, of hypophysis, etc. The assimilatory hormones, on the contrary, paralyze a great many organs and functions, as the growth of bones, the function of the pancreas, etc.

The fact that thyroid substances resist the action of the stomachal and intestinal digestive ferments shows that its main active principle is more than an albuminous substance. Certainly it is difficult to admit that the ferments as catalase, peroxydase, and lipase found in the thyroid have no pathological significance and that their presence in that

organ is purely accidental. These ferments preside over the oxygen exchanges and intervene in the metabolism of fat. The same may be asserted for the *lipoids*; they certainly must play some part in the very complicated biological chemistry of the thyroid. Consequently, we see that the thyroid function is not *one* but is *multiple*, and is an extremely important one.

How does this gland exert its influence over the metabolism? A great majority of authors believe that the gland has an *antitoxic action* and that it secretes substances which neutralize poisons resulting from metabolism. This was the opinion of Schiff and seems to be corroborated by the fact that intense bleeding in thyroidectomized animals diminishes the intensity of hypothyroidism symptoms. Intravenous injection of salt solution does the same thing. We may consequently infer that toxic products have been partly eliminated with the bleeding or dissolved by the physiological solution injected.

Notkine believes that the *thyreoproteid* is the toxin which is the real cause of myxedema, and that the physiological action of the thyroid consists in neutralizing the thyreoproteid contained in the organism. Fraenkel believes that the neutralizing agent is the *thyro-antitoxin*, Baumann thinks that it is the *iodothylin*, and Oswald the *iodothyreoglobulin*. Von Cyon believes that the principal function of the thyroid is to transform *iodin compounds* into a harmless organic combination, the *iodothylin*; Blum, that the thyroid neutralizes in the gland itself the toxic products of intestinal origin, the *enterotoxins*. According to him there is in the thyroid an intermediary product which he calls *thyrotoxalbumin*, whose antitoxic power is due to iodine. As it is possible to obtain from the thyroid various albuminous bodies with a varying iodine content, Blum believes that bodies poor in iodine are the more poisonous, that the ones containing the most iodine are non-poisonous and non-toxic, and that the ones saturated with iodine are harmless. On the nature and quantity of these various by-products reaching the circulation depend the various clinical conditions, as tetany, cachexia, etc. Blum does not make a difference between the thyroid and the parathyroids; he considers the latter glands as the younger forms of the thyroid. According to him iodine never leaves the thyroid to go into the organism, which statement he thought he proved by feeding dogs with an iodine-free diet for months; yet at the end of that time he was still able to find iodine in the thyroid. Cachexia, myxedema, and tetany are the results of an antithyreotoxin, the thyroid being unable to neutralize such products. Dor claims that iodine is transformed into an organic combination which in the general metabolism plays the role of a *ferment*. Kishi believes that the thyroid neutralizes the toxic products of metabolism, especially the ones of muscular origin, and that it

destroys the *nucleoproteids*, which are of cellular origin, and which are introduced into the organism with the food. When neutralized, these toxic substances are eliminated later on through the kidneys.

Where does this antitoxic power take place? Does it take place in the thyroid or outside? Shall we consider this gland as a great chemical laboratory where the most important and most delicate reactions take place? Or shall we consider it as a filter, a sort of "clearing-house" where everything is carefully revised? As the thyroid is a glandular organ and not a lymphoid one it is difficult to accept the opinion that the detoxicatory action takes place in the thyroid itself. On the other hand, the fact that thyroid given by mouth, rectum, or any other way is physiologically active shows that most probably the thyroid secretion exerts its action outside of the gland. This antitoxic theory, however, is not entirely satisfactory.

Lindemann, studying the effects of caffeine when injected into the carotid artery of thyroidectomized animals, found that the dose necessary to kill a dog so treated was ten times larger than the one necessary to kill the control. We have seen that R. Hunt and A. Seidell found that mice which had been fed with thyroid for eight or nine days before were able to stand a dose of acetonitrile ten to twenty times larger than the one necessary to kill the control.

How to explain these results? Of course the partisans of the "detoxicatory theory" will claim that acetonitrile was neutralized and consequently rendered harmless, but Hunt and Seidell do not share the same view and believe that the function of the thyroid in such cases prevented the formation of the poison from nitrile because they found that the thyroid had no effect upon the toxicity of hydrocyanic acid itself, which is the poison resulting from decomposition of acetonitrile. They deem it impossible to think of any way in which such neutralization could occur, as the amounts of acetonitrile rendered harmless are so out of proportion with the amounts of thyroid fed. In their judgment the thyroid seems to alter the metabolism in such a way that the acetonitrile is disposed of without breaking down into its poisonous constituents, as occurs in normal glands.

To believe that acetonitrile rendered harmless is out of proportion to the amounts of thyroid fed is no argument against the neutralization theory. Most probably the thyroid hormones do not differ from those of other organs. We know, for instance, that extremely small amounts of adrenalin are capable of causing the most energetic and powerful muscular contractions, the effect in this case being entirely out of proportion to the cause. We know, too, that very small amounts of secretion are capable of causing an abundant pancreatic and duodenal secretion; that all *diastases* contain a metal or metalloid in absolutely im-

derable proportions, yet absolutely necessary for their efficacy, though entirely out of proportion to their effects. To be sure, arguments are not facts, and so there is still room for discussion.

Were there a direct interaction between poisons and the thyroid, the same results should be expected in all classes of animals. Hunt and Seidell have shown that if the thyroid protects mice against acetone-trile, on the other hand it increases the susceptibility to these poisons in rats and guinea-pigs. If, then, the thyroid has a neutralizing action, why should it neutralize in the one case and not in the other? Therefore these authors conclude that when an unusual poison, such as acetone-trile, is introduced into an animal, its fate will depend upon how the animal's metabolism concerning this poison has been affected by the thyroid. The metabolism of mice has been affected in such a way that acetone-trile is rendered harmless, whereas in rats and guinea-pigs it becomes harmful. What occurs to acetone-trile is compared by Hunt and Seidell to what happens to methyl and ethyl alcohol (*loc. cit.*): "When such a poison as ethyl alcohol is introduced into the organism, the metabolism not only renders it harmless but makes it useful for the body in utilizing the energy set free. In the case of methyl alcohol, although oxidation may proceed along similar lines, part of the alcohol is converted into poisonous substances (formaldehyde and formic acid). The fate of acetone-trile in the body of the mouse must be compared to the fate of ethyl alcohol, and the fate of acetone-trile in the body of the rat which has been fed with thyroid to that of methyl alcohol." Consequently, these authors and others, as G. Gauthier, believe that the thyroid gland instead of neutralizing the toxic products of metabolism prevents their formation. It has, then, a *regulating action* on the nutritional exchanges.

Functional Interrelation of the Organs of Internal Secretion.—It would be a mistake to believe that the thyroid is left entirely to its own resources in its gigantic task, the regulation of the metabolism. It receives material support from other organs. For instance, the *suprarenal bodies* are indispensable to life; they not only exert an antitoxic action over a certain number of poisons circulating in the blood, as the one resulting from fatigue, but also throw into the blood stream substances which regulate the function of the vasomotory, cardiac, respiratory, and muscular centers. The *hypophysis*, according to Guerrini, Salvioli and Carraro, has, too, an antitoxic function and regulates the blood-pressure and the cardiac rhythm. Besides its digestive function the *pancreas* influences metabolism in regulating the production and absorption of sugar. Besides their known physiological action the *genital glands* secrete substances which, carried into the blood, have a favorable action over the vitality and tonicity of the muscular system. We must therefore

consider these glands with internal secretion as organs whose chief duty is to regulate metabolism. They seem to be dependent upon one another. If one of these organs should become out of order, then more or less important functional disturbances will take place in the other fellow-glands. There is among them an anatomical and functional harmony, a kind of biological synergy, through which the functional equilibrium is maintained. These reciprocal, functional relations have been established by numerous experiments. After thyroidectomy an hypertrophy of the hypophysis takes place; in myxedematous patients the hypophysis has been found to be increased in size, as a rule. After thyroidectomy the thymus may undergo such an hypertrophy as to cause a sudden tracheostenosis and death. Revivescence of the thymus in Basedow's disease is a common occurrence. Cecca showed that after ovariectomy and orchidectomy an hypertrophy of the thyroid and suprarenal bodies takes place. Tescione came to the same results. Pirera and Soraud believe that between the pancreas and thyroid there is not only a functional relation but also a sort of substitution. They found that when the pancreas had been removed the antitoxic function of the thyroid was increased. According to Eppinger, Falta and Rudinger there exists a reciprocal *inhibitory* action between the pancreas and the thyroid, between the pancreas and the chromaffin system, while, on the other hand, between the thyroid and the chromaffin system a reciprocal, *excitatory* action is found. The consequences of such facts are easy to foresee. When the thyroid is removed, its inhibitory action over the pancreas having ceased, a hyperfunction of that organ must be expected; but as its excitatory action on the chromaffin system has disappeared, the function of the latter naturally diminishes. In hyperthyroidism the inhibitory action on the pancreas is exaggerated and a relative insufficiency of the latter organ takes place; hence the intestinal disturbances so frequently seen in that condition. On the other hand, as the excitatory action over the chromaffin system is increased the latter system will be found in a state of hyperfunction. From all these extremely interesting facts we can conclude there is between all the organs with an internal secretion a functional correlation, a sort of *physiological team-work*. The normal function of one organ is dependent to a certain extent upon the normal function of the others, and when one is out of order it cannot fail to have a pathological repercussion on the others. Endocrinology is a science still in its infancy, but its promises are far-reaching; if fulfilled, it will be one of the richest fields to harvest.

CHAPTER IV.

PATHOLOGY.

Synonyms in Latin: Struma; guttur turgidum. *French:* Goitre; gros cou. *German:* Kropf; Blæhals. *Italian:* Gozzo. *Spanish:* Papera. *English:* Goiter; great neck.

According to Virchow a goiter is only the continuation of the natural development of the thyroid gland. In a follicle, cellular proliferation takes place by division of the cells, which gradually form solid papillary formations bulging in the interior of the follicle and filling the follicular lumen. Interstitial connective tissue penetrates these papillary formations, carrying with it their vascular supply. Gradually they shape themselves into a more or less follicular form. In this, colloid secretion appears; hence the follicle; hence the goiter.

If this process is localized to a part of the gland, then we have a *nodular goiter*; but if this process takes place all over the gland, then we have a *diffuse goiter*. Such goiter may become later on a cystic, fibrous, or a calcareous goiter; this depends, however, upon the secondary degenerative changes which will take place in it. In conclusion, according to Virchow, a goiter originates by the subdivision of adult folliculi into smaller ones; these in turn proliferate and finally form other adult alveoli. Hitzig, in 1894, shared the same view.

In 1893 Wölfler modified Virchow's conception as to the origin of goiter. Contrary to Virchow's theory, which claims that goiter is due to *hyperplasia*, Wölfler claims that it is due to *neoplasia*; that it is the consequence of the proliferation of the embryonic epithelium, remaining between adult alveoli, and which is found mostly in the cortical zone of the gland. These embryonic cellular residues, according to Wölfler's theory, are the ones which at one time or another may begin to proliferate and form goiter, which Wölfler calls *adenoma*.

In his judgment an adenoma is an epithelial tumor with atypical vascularization, developed from embryonic glandular residues. If in the proliferating process the epithelium keeps its embryological aspect, the consequence of it is a *fetal adenoma*; but if the epithelium tends gradually toward the adult aspect, it then gives rise to a *parenchymatous* and *colloid goiter*. Wölfler distinguishes two kinds of adenoma, the *benign* and *malignant*.

These two theories, although extremely interesting and partly cor-

rect, do not explain satisfactorily the origin of all the tumors found in the thyroid gland; for instance, they do not explain the origin of goiters with squamous epithelium, and they do not take into consideration at all a number of tumors found in the thyroid gland which have, as we will see later on, a very different origin. I refer to tumors developed from the thyroglossus duct; from the parathyroid; from the postbranchial bodies, etc.

In the last few years the study of the embryology of the thyroid has afforded more light on the obscure field of its pathology. This has been true, too, of the ovary, testicle, and kidney. We might say there is a peculiar analogy between tumors developed in these organs and those developed in the thyroid. Tumors developed in the parathyroid and called *parastruma* are analogous to renal tumors called *hypernephroma*, and which are developed from the suprarenal bodies. Tumors with cylindrical epithelium originating from the thyroglossus duct find their analogy in tumors developed in *Wolf's canal*. Mixed tumors of the thyroid originating from the branchial bodies find their analogy in the mixed tumors of the kidney originating from the primitive scleromyotomata. Langhans, of Berne, and his pupils, Michaud, Verebely and Getzowa, are entitled to a great deal of credit for attempting to clear up this question of the origin of thyroid tumors. Lately De Quervain, in 1909, and Berard and Alamartine, in 1912, took up this subject, looking at it from an embryological point of view.

We call goiter any enlargement of the thyroid gland. If this enlargement shows clinically and pathologically the characteristics which we attribute to benign tumors, then it is called *benign goiter*; otherwise we call it *malignant goiter*. If vascular symptoms and congestion are the predominating features, then we regard it as a *vascular goiter*. If infection sets in in a preëxisting goiter, we call it *strumitis*; but if infection affects a normal thyroid, we call it *thyroiditis*.

The enlargement may affect only a part of the gland or the gland *in toto*. If the goiter is made up of one or several nodules, we call it *nodular goiter*. If the enlargement is diffusely distributed throughout the gland, we call it *diffuse goiter*. We may have a diffuse parenchymatous goiter or a diffuse colloid goiter, according to the nature of the thyroid degeneration.

In nodular goiter proliferation and the distribution of follicles are very much more irregular and unequal. The nodular goiter is usually colloid or cystic, and has a greater tendency to undergo hyalin, fibrous, calcareous metamorphosis. Hemorrhage takes place more frequently in nodular than in diffuse goiter. The nodular goiter is more common in the lower pole of the gland. It is oftentimes multiple and seldom develops in the pyramidal process.

A satisfactory *clinical* classification of the thyroid tumors is not easy on account of the difficulty of bringing into harmony the clinical with the pathological facts. The classification based on embryology alone is extremely interesting and scientific, but clinically it is confusing, as it mixes up in the same chapter the benign and malignant forms of goiter, which, clinically, are so different. Therefore, I think that until we have something better the following classification will answer the purpose:

BENIGN TUMORS.

- | | | | | |
|---------------------------|---|-------------------|---|------------|
| I. Parenchymatous goiter. | { | 1. Physiological. | { | Puberty. |
| | | 2. Non-toxic. | | Pregnancy. |
| | | 3. Thyrotoxic. | | |
| II. Colloid. | { | Cystic. | | |
| | | Fibrous. | | |
| | | Calcareous. | | |
| | | Osseous. | | |
| III. Fetal adenoma. | | | | |

MALIGNANT TUMORS.

- | | | |
|-------------------------------|---|---|
| I. Epithelial tumors. | { | 1. Malignant adenoma or proliferating goiter. |
| | | 2. Carcinoma. |
| | | 3. Metastatic colloid goiter. |
| | | 4. Parastruma. |
| | | 5. Postbranchial goiter. |
| | | 6. Papilloma. |
| | | 7. Cancroid. |
| II. Connective-tissue tumors. | { | 1. Fibrosarcoma. |
| | | 2. Polymorphous-cell sarcoma. |
| | | 3. Round-cell sarcoma. |
| | | 4. Myxosarcoma. |
| | | 5. Endothelioma. |
| | | 6. Perithelioma. |
| III. Mixed tumors. | | |
| IV. Dermoids, Teratoma. | | |
| V. Accessory goiters. | { | Median cysts. |
| | | Lingual goiter. |
| | | Intratracheal goiter. |
| | | Intrathoracic accessory goiter. |
| | | Ovarian goiter. |

INFLAMMATIONS.

- | | | | | |
|-------------------|---|---------|---|----------------------------|
| I. Bacterial. | { | Acute | { | Non-purulent. |
| | | | | Purulent. |
| II. Toxic. | { | Chronic | { | Syphilis. |
| | | | | Tuberculosis. |
| III. Parasitical. | { | | { | Woody thyroiditis. |
| | | | | <i>Chagas</i> thyroiditis. |
| | | | | Echinococcus. |

BENIGN TUMORS.

Parenchymatous Goiter.—This type of goiter is formed by glandular proliferation. It is associated with metabolic disturbances, with puberty, menstruation, pregnancy, lactation, and the menopause. Nothing is known definitely regarding the cause of thyroid hyperplasia at these periods.

Diffuse enlargement of the thyroid gland, non-toxic in nature is often observed. It is then known as the *non-toxic parenchymatous goiter* (Fig. 9). When toxic symptoms are present, we call it *thyrotoxic parenchymatous goiter*. This latter form will be studied in the chapter on Exophthalmic Goiter.

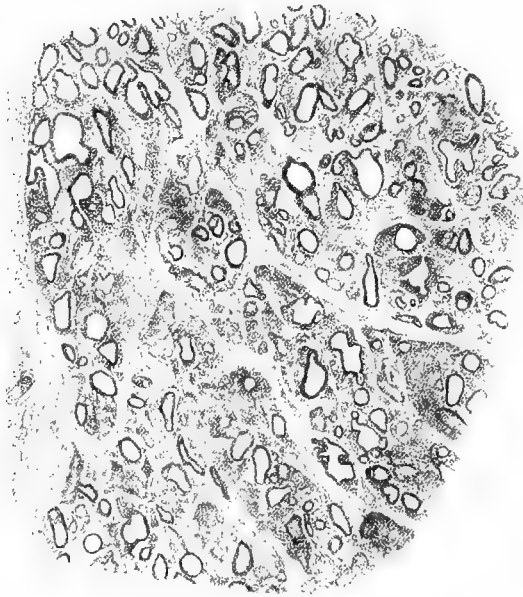
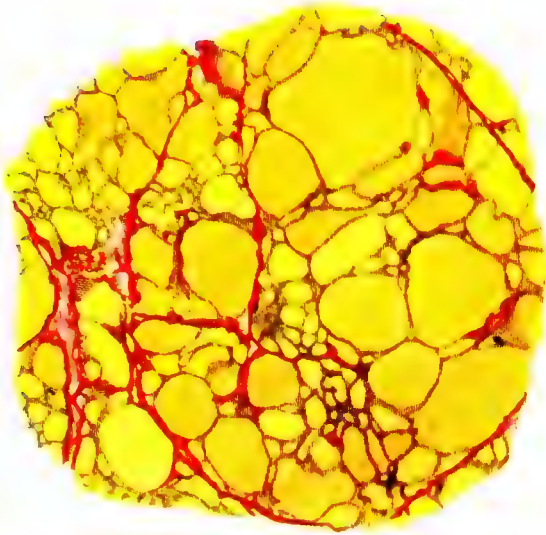


FIG. 9.—Non-toxic parenchymatous goiter. $\times 53$.

Histologically, the physiological and non-toxic parenchymatous goiter is characterized by an enlargement of all the glandular elements. The number of follicles is increased and they are slightly increased in size. They may contain colloid in slightly larger quantities than normally, or they may not. The colloid is rich in iodine. The number of cells shows an increase in size and number also. The interfollicular connective tissue may be normally developed or slightly increased. Its cut surface is slightly granular as the consequence of the increase in the size of the follicles and their bulging out. The consistency is firm. Iodine generally has a marked therapeutic effect on this form of goiter.

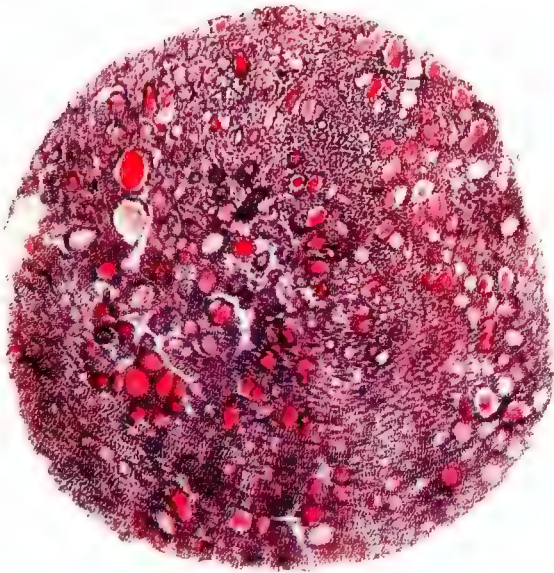
PLATE I

FIG. 1



Colloid Goiter. $\times 40$.

FIG. 2



Wölfler's Fetal Adenoma. $\times 100$.
With intrafollicular hemorrhages.

The histological picture of the goiter taken altogether is a picture of a more or less normal gland in which all the elements show an increase in size and number, but in which the different elements have kept more or less their natural relations, one to another.

Colloid Goiter.—Its main characteristic is the increased quantity of colloid. This colloid is generally thick, staining readily. It contains fewer vacuoles than normally, and completely fills the follicle. Its iodine content is diminished.

The follicles have lost their normal proportions and show all kinds of form and size. (Plate I, Fig. 1.) The epithelium is low or flat; blood supply of the colloid goiter is diminished, and the interfollicular stroma is more or less abundant, showing, as a rule, extensive hyaline degeneration (Fig. 10).



FIG. 10.—Hyaline degeneration and increased connective tissue of a goiter. First step toward formation of a fibrous goiter. $\times 40$.

If the colloid degeneration does not affect the diffuse type, but is nodular, the surface of the goiter is then coarsely lobulated. The consistency may be harder or softer than in parenchymatous goiter, and the cut surface, more or less irregularly lobulated, shows a thick, tenacious, transparent material which is colloid. Its color depends upon its content of hemorrhagic blood.

It would be erroneous to believe that even in a diffuse colloid goiter every follicle has undergone colloid degeneration. Between the degenerated follicles there is always a number of normal vesicles and non-differentiated cellular masses of embryonic type, which will proliferate and form new alveoli in order to take up the lost or diminished function of the degenerated follicles.

Colloid degeneration may affect the entire gland and give rise to a *diffuse colloid goiter*, or, localized to a small portion of the thyroid, may form a *nodular colloid goiter*. Colloid nodules may be singles or multiples.

The colloid goiter may give rise to a *cyst*. There are two kinds of cyst, the *true*, and the *false*.

The *true cyst* is of follicular origin. Two or more follicles become distended by the colloid secretion, and as a consequence of the continued eccentric pressure on their follicular walls the blood supply is slowly cut off, the alveolar walls undergo atrophy, and finally break and fuse together, forming a larger space filled with colloid (Fig. 11). The cyst

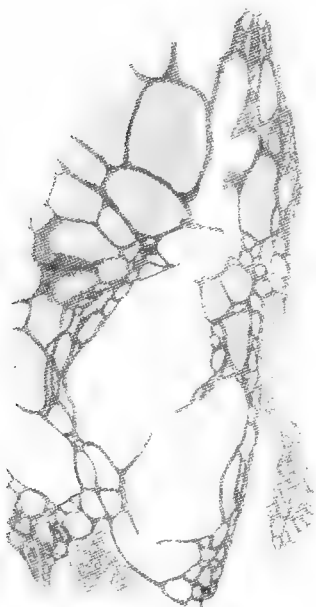


FIG. 11.—Walls between large colloid alveoli become atrophied and give rise to a cystic formation. $\times 21$.

is formed. It increases gradually in size, takes up a round form, and presses toward the periphery of the surrounding follicles, which owing to the continuous pressure, undergo a connective-tissue degeneration and fuse with the true or follicular capsule of the cyst, thus forming a thick, cystic capsule. A cyst may, furthermore, take its origin from an intrafollicular hemorrhage.

The *false cyst* is the consequence of a hemorrhage which dissociates the stroma of the gland and causes a necrotic, aseptic area. If the hemorrhage is of small size, it gradually becomes absorbed. Pigmentation remains for a long time as the only proof of the bloody extravasation. But if the hemorrhage is of some consequence, the hemorrhagic focus being too large to become absorbed, a localized, aseptic necrosis takes place and the neighboring tissues begin to proliferate, forming a false capsule around this hemorrhage; hence the formation of an encapsulated cyst.

The size of a true cyst may become enormous. As the ovarian cyst it may be mono- or multilocular and may contain a serous, transparent fluid, which may be red if a recent hemorrhage has taken place, or it may be of chocolate-brown color if the hemorrhage is older. The hemorrhage is the result of a rupture of one or more small bloodvessels of the wall of the cyst, as a consequence of the chronic endarteritis, or of atrophic changes resulting from mechanical pressure. Crystals of cholesterin are often found, especially in the serous form.

The walls of the cyst may be thick or rigid, or may be thin and soft. The inner surface may be smooth or, as in the ovarian cyst, may

be covered with papillary formations. It is lined with epithelium derived from the follicles, while there is no epithelial lining in the false cysts of hemorrhagic origin. The walls of the cysts may show calcareous deposits.

In both forms of goiter, colloid and parenchymatous, vascular changes may become so prominent that the arteries and veins are considerably increased in size and number. In such cases an expansive pulsation is present all over the goiter; a thrill is felt on the main trunks of the arteries; a systolic murmur is heard all over the gland. This form is called, clinically, *vascular goiter*. It is usually found in connection with exophthalmic goiter; this vascular goiter, however, may be observed in cases in which no thyrotoxic symptoms whatsoever are present. It is then known as the *non-toxic vascular goiter*.

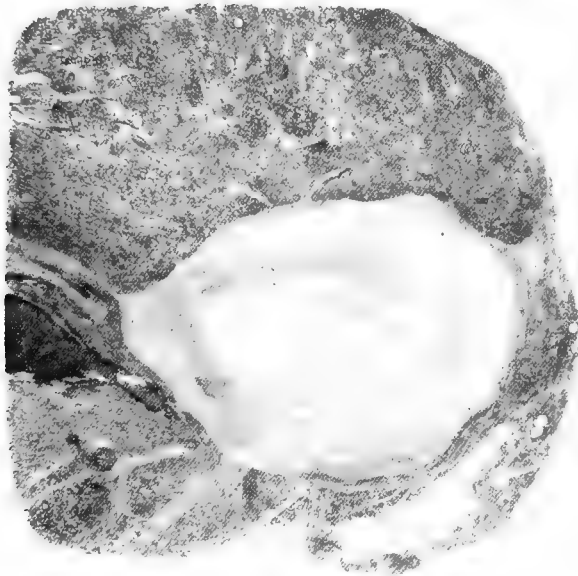


FIG. 12.—Pure fibroma encapsulated in a colloid goiter. $\times 9$.

Both forms of goiter may undergo *amyloid* degeneration, but this is rare.

As a result of chronic irritation or inflammation, connective tissue may develop secondarily in a parenchymatous or colloid goiter and thus form a *fibrous goiter* (Fig. 12). Histologically, this is not a new form of goiter, but only the result of a secondary degeneration. The same is true of the *calcareous* deposits which oftentimes take place in goiter, and which may convert a nodular colloid goiter into a hard, calcareous lump. Such conditions should be considered as secondary degenerative changes and should not be regarded as pathological entities by themselves.

Fetal Adenoma.—This form of goiter is called fetal adenoma because it is formed from embryonic tissue, because it is of congenital origin,



FIG. 13.—Wölfler's fetal adenoma. $\times 90$.

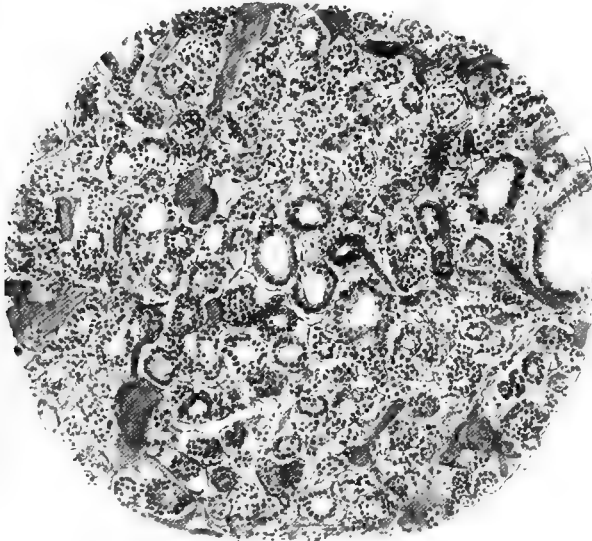


FIG. 14.—Wölfler's fetal adenoma. Alveoli show a tendency toward the colloid type.
 $\times 100$.

and because the normal parenchyma of the gland does not take any part in its formation.

The fetal adenoma develops in the early part of life, but is more common at the time of puberty. It seldom exceeds the size of a lemon, but, as a rule, the adenomata are multiple and may reach twenty or more in number. If in a young individual from ten to twenty years old, several small, round, mobile, painless nodules with sharp limits and firm consistency are found, one can be almost sure that they are fetal adenomata. Such goiters generally do not give rise to symptoms except when numerous and large in size; they may then cause pressure symptoms.

Histologically, this goiter is formed from embryonic cells and embryonic follicles. The follicles are small and the cells which line their walls have a fetal character. (Fig. 13, and Plate I, Fig. 2.) They are of medium size and stain intensely. The follicles have a very small diameter and are uniformly of about the same size. The lumen in the early stage does not contain any colloid, but may do so later (Fig. 14); in further development it may be converted into a colloid goiter. The interfollicular connective tissue is very abundant and seems to have a mucoid aspect.

These different forms and varieties of goiters are not found, as a rule, so clearly defined and separated in a goiter as I have described them. Usually, they are mixed together, one form predominating more than the other, and it is this feature which gives to a goiter such a polymorphic, histological aspect.

MALIGNANT GOITERS.

We distinguish tumors developed from the epithelium and tumors developed from the connective tissue of the thyroid gland. To the first class belong the *epithelial neoplasms* and to the second, the *connective-tissue tumors* or *sarcomata*.

One of the chief characteristics of a malignant goiter is its tendency to metastasis.

Metastases of malignant goiter, whether of epithelial or connective-tissue origin, may take place through the lymphatics or through the bloodvessels. The general formula applied to malignant tumors when speaking about their mode of dissemination: "Hematogenous route for sarcomata, lymphatic route for cancerous tumors," does not hold good any longer here.

Metastases of epithelial malignant goiters occur more frequently in bones than metastases of sarcomata. In both varieties, metastases in the lungs are very frequent.

In going over statistics of cancer in general it has been found that cancer of the thyroid occupies the most prominent place so far as metas-

tases in bones are concerned; then comes the cancer of the prostate. Hassner, for instance, finds that in 140 cases of cancer of the thyroid there were 34 cases of metastases in bones, making 24.3 per cent.; in 1358 cases of cancer of the breast, only 106 metastases in bones, making 7.8 per cent.; in 203 cases of cancer of the uterus, 7 cases of metastases in bones, making 3.4 per cent.; in 247 cases of cancer of the kidney, 9 cases of metastases in bones, making 3.7 per cent.; while in 903 cases of cancer of the stomach not a single metastasis in the skeleton was found.

Metastases of malignant thyroid tumors show a marked predilection first of all for the skull, then comes the pelvis, sternum, femur, clavicle, lower jaw, and the shoulder-blade. Metastases in bones, as a rule, are not multiple.

Recklinghausen, trying to explain the reason why bony metastases of malignant tumors of the thyroid were so frequent, thought that in bones, on account of the sudden widening of the venous spaces, the blood stream takes a slower course, thus offering the possibility and time to cancerous cells to become permanently settled and then to grow. That may be so, but this theory does not explain why cancers of the thyroid are the ones which develop metastases in bones much more frequently than cancers of the other organs of the body.

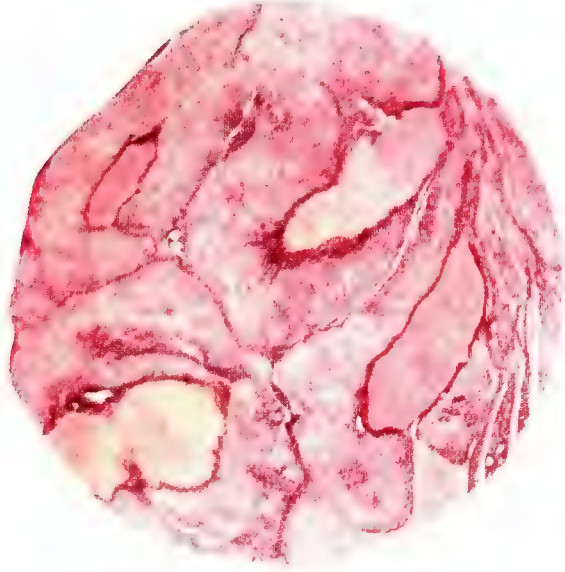
One peculiarity of these malignant metastases is their ability to revert to the normal type of thyroid tissue; in other words, if a microscopic examination of such metastases is made the malignant character of the tumor may have disappeared entirely, or have diminished to such an extent that the microscopic picture is mostly one of normal glandular structure. Cramer explains this by saying that in metastases few cells, partly malignant and partly normal, are carried away into the blood stream, and that cancerous cells, being more resistant than the normal ones, grow first, and only then under their protectorate normal cells proliferate, outgrowing later on the cancerous ones. "Se non e vero e ben trovato."

Meyer-Hürlimann and Ad. Oswald had the opportunity to observe a remarkable case of cancer of the thyroid. After x -ray treatment the tumor softened and began to secrete an enormous amount of a serous, brownish-yellow fluid which chemically and physiologically showed the same properties as normal thyroid secretion. This shows that malignant degeneration of the thyroid does not deprive the latter organ of its normal function.

The faculty of these cells not only to shape themselves into normal alveoli, but also to secrete colloid, raises one of the most interesting problems of *ontology* and *teleology*. How is it that malignant cells which cannot be differentiated from normal ones will be carried away by the

PLATE II

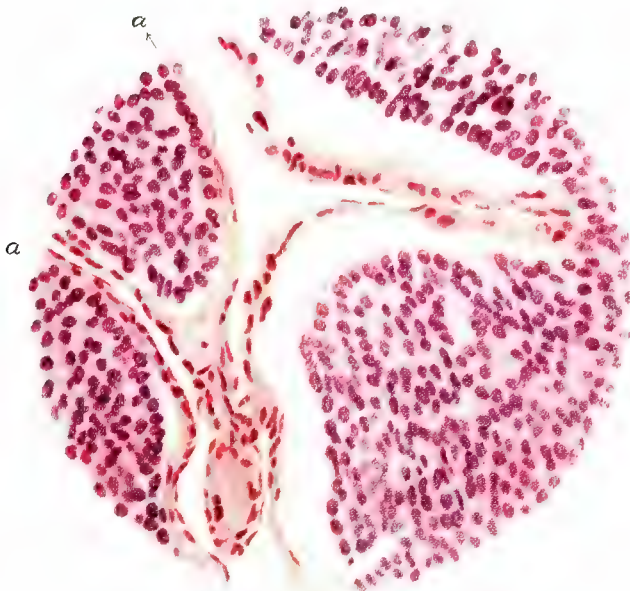
FIG. 1



Malignant Adenoma.

Large vascular lacunary formations cut transversely and surrounded by cellular masses. This picture is typical too for the malignant adenoma. $\times 50$.

FIG. 2



Malignant Adenoma.

Capillary vessels are formed by an endothelial wall without adventitia. Note their lacunary forms. Note in *a* the close relation between the tumor cells and the endothelium. $\times 280$.

blood stream, and will not only grow upon a strange land but will also not be deprived of their physiological action which is the colloid secretion? A similar feature does not occur in cancerous metastases of other organs. Metastases of the breast do not secrete milk, nor does a metastasis of the liver secrete bile, nor does a metastasis of the cancerous kidney secrete urine. Who can give the answer?

That such metastases are capable of normal physiological function is a very well-known fact. Classical is the case of von Eiselsberg who performed a complete thyroidectomy for a malignant tumor. Nothing worth notice followed the operation, but later on, when in a subsequent operation a metastasis was removed, marked symptoms of myxedema soon developed.

Malignant tumors of the thyroid seem to have a peculiar tendency to penetrate the walls of the veins even in the early stage of their growth, and it is not uncommon indeed, at operations of cases which clinically seem to be most favorable, to find the thyroid imæ veins thrombosed and already invaded by the tumor.

It is to the Bernese pathologists, Langhans and his pupils, that we are really indebted for what we know of the malignant epithelial tumors of the thyroid. Their classification is based upon the fact that embryological remnants of various organs may remain included in the thyroid gland and give rise to tumor at one time or another.

Epithelial tumors.

- | | |
|---|---|
| { | 1. Malignant adenoma or proliferating goiter. |
| { | 2. Carcinoma. |
| { | 3. Métastatic colloid goiter. |
| { | 4. Parastruma. |
| { | 5. Postbranchial goiter. |
| { | 6. Papilloma. |
| { | 7. Cancroid. |

Malignant Adenoma or Proliferating Goiter.—This has been called *adenocarcinoma* by von Eiselsberg and *malignant adenoma* by Kocher. The denomination, proliferating goiter, applied to that form of tumor might be confused with the hyperplastic goiter which is not malignant. Therefore I prefer, especially from a clinical point of view, to adopt the denomination of Kocher: malignant adenoma.

Macroscopically, it is represented by a single nodule or growth of a diameter ranging from 10 to 15 cms.; it is seldom larger. I have, however, operated recently a malignant adenoma, involving both lobes and isthmus, very vascular, each lobe measuring about 20 x 15 x 10 cms. Occasionally the tumor may be formed by more than one nodule. Its surface is lobulated and the capsule is more or less thick. Inwardly, septa divide the parenchyma into lobi and lobuli, while in or near the

center of the nodule there is a more or less constantly necrotic area giving the tissue a scar-like appearance. The cut surface is like marrow, of a grayish-white color, and more or less cloudy juice can be expressed. Microscopically, the tumor is formed by regular, polyhedric lobuli with round corners, resembling very much normal enlarged follicles (Fig. 15). Between them are found capillaries composed merely of an endothelial wall, with no adventitia, and with no muscular and elastic fibers (Fig. 16). Affecting a lacunary form (Plate II, Fig. 1) instead of a round shape,

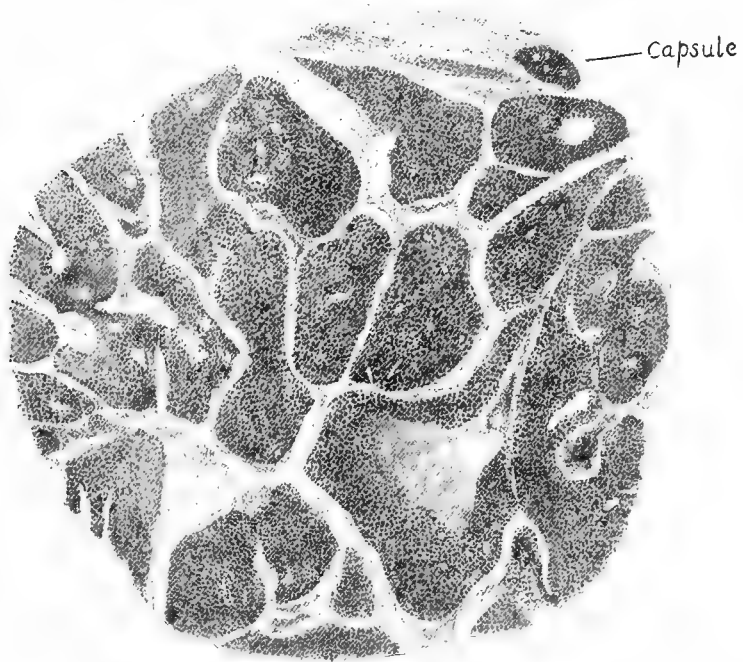


FIG. 15.—Malignant adenoma. Periphery of the tumor. Above, capsule infiltrated with malignant cells; below, large polyhedric fields of cells, forming solid cellular masses separated by trabecules of connective tissue. $\times 50$.

as ordinary capillaries do, they lie in direct contact with the tumor cells. (Plate II, Fig. 2.) In some instances they surround the lobuli entirely, forming then what Minot called "sinusoid."

The above microscopic picture found even in a very small particle of a tumor or of a metastasis is pathognomonic for the malignant adenoma or proliferating goiter.

Cells have a polyhedric form, and at the periphery of the nodule they are better nourished and younger than in the center. Their protoplasm is finely granular and their nuclei are round or oval, measuring from 6 to 10μ . Most of them contain one or more nucleoles.

In places, small foci of undifferentiated cells gradually shape themselves into the form of a circle in which colloid appears, thus forming a new vesicle. These neoformed vesicles, when considerable in number and seen at a lower power, give to the field a peculiar, screen-like appearance, characteristic, too, of the proliferating goiter or malignant adenoma. Since, later, connective tissue appears between these vesicles, this neoformed tissue has a great similitude with a normal thyroid gland. The scar-like tissue found in the center of the tumor is formed of newly organized connective tissue; it is a product of necrosis.

Metastases take place preferably in the cranium and lungs, through the bloodvessels; lymphatic glands are not involved.

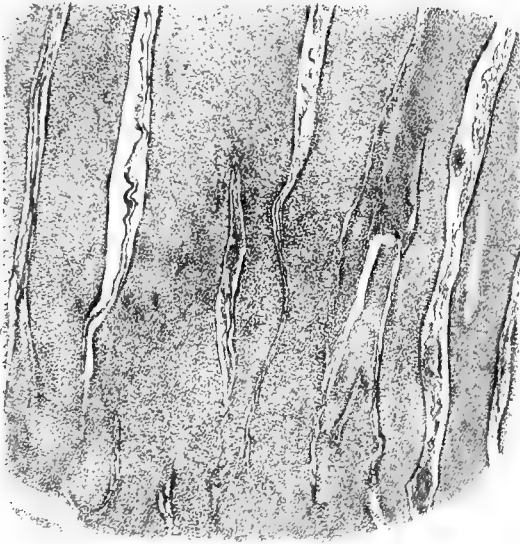


FIG. 16.—Malignant adenoma. Septa between the lobuli. They are formed by capillary vessels. Note lengthened form of cellular fields. This feature is very characteristic of malignant adenoma. $\times 50$.

Histologically, the malignant adenoma differs entirely from the ordinary cancer. There we have not, as in cancer, irregular epithelial masses surrounded by more or less developed and irregularly shaped frame of connective tissue. As Langhans says, this tumor with its peculiar formation, with its neoformed vesicles lined with one layer of epithelium and containing colloid, with the peculiar shape of its bloodvessels, with the irregularity of their disposition, of the construction of their walls, and their intimate relation to the epithelium, recalls rather a normal organ in the course of development than a cancer. Hence the name *proliferating goiter* given by Langhans.

Does the malignant adenoma develop from goiterous elements themselves or does it develop from embryonic rests of undifferentiated normal thyroid tissue? Langhans thinks that the second alternative is likely to be true.

Carcinoma.—The cancer of the thyroid is a hard, nodular tumor, as a rule, firmly adherent to the neighboring tissues. The cut surface is of grayish white. Typical cancer juice can be expressed. This carcinoma has a tendency to undergo softening of its constituent parts.

Histologically, this cancer shows the usual microscopic picture which is found in cancer of the breast, stomach, etc., namely, the same interrelations between connective tissue and epithelium which enable us to diagnose cancer. Here, too, as in cancer of other epithelial organs, we have cellular masses irregularly disposed, surrounded by an irregularly developed stroma. The cancer cells, in opposition to the normal cells of the thyroid, have a poorly developed protoplasm; they are small; their nuclei are larger than those of a normal gland and measure from 10 to 16 μ .

In cancer of the thyroid, metastases may take place in the sternum, ribs, pleura, kidneys, and in the suprarenal bodies. The cancer does not penetrate the bloodvessels like the malignant adenoma; metastases occur through the lymphatic route: hence, involvement of the cervical and possibly of the mediastinal lymph nodes.

It is not always easy to decide microscopically if a metastasis comes from a cancer of the thyroid or not. If in the metastasis vesicles containing colloid are found, the diagnosis is easy. If not, the size of the cells and their nuclei, their number and their close relation one to another will arouse a strong suspicion in favor of their thyroidal origin.

Metastatic Colloid Goiter.—Metastatic colloid goiter, histologically, does not differ in any way from a simple colloid goiter. There is nothing in its histological picture to arouse the suspicion of malignancy. In the metastatic as well as in the primary tumor we find follicles of different forms, round, oval or elongated. The epithelium of such vesicles may be cuboidal or cylindrical. The colloid material is as abundant and has the same tingible power as the colloid of a simple goiter. It may be strongly colored by the eosin or its coloring power may be diminished or totally absent. Lymphatics and bloodvessels are normal and do not contain metastatic cells. The capsule of the nodule is absolutely intact. The only feature is its metastasizing power.

Metastases in the great majority of cases take place through the vascular route; they may, however, occur through the lymphatics. In that case metastases are found in the cervical, mediastinal, and bronchial lymphatic glands. But the seat of predilection of such metastases is in the spinal column, sternum, ribs, and long bones.

Tumors of bones due to metastatic colloid goiter form an interesting pathological chapter. Clinically, their true origin is not recognized. They are considered as sarcomata, and it is only at the microscopic examination that the error is discovered. Cohnheim, who was the first to report a case of metastatic colloid goiter in bones, considers these tumors as benign; but Recklinghausen and Wölfler do not share the same view and consider them as malignant, claiming that a tumor which is capable of giving rise to metastases is not entitled to the denomination of benign tumor. In Wölfler's judgment this metastatic tendency indicates an increased proliferative energy, which is one of the chief characteristics of malignant tumors. Despite the authority of such men, Bontsch, Honsell, Oderfeld, von Steinhaus, Karl Schmidt, Patel, etc., have taken exception to such conclusions and consider a metastatic colloid goiter as a benign tumor. On the other hand, Kaufmann, Borst and Hanse-mann are unanimous in considering such tumors as malignant. In their judgment the denomination of "benign" applied to a tumor which is capable of metastasis is certainly in contradiction to what we know of malignancy. Langhans, too, considers this tumor as a malignant one.

It cannot be denied there are cases in which the metastatic organ was found to be, histologically, a simple goiter, which after surgical removal never gave any recurrence. The only sign of malignancy was its metastatic feature. On the other hand, metastases of benign tumors, as fibroma, myoma, adenoma, have been reported by good authorities. For instance, Cohnheim reported a case of simple goiter in which he was able to find, microscopically, epithelial cords penetrating the walls of a vein and floating freely into the lumen. In such conditions metastasis is easily understood. We know that normal organs, as placenta, liver, and suprarenal bodies, whose cells are in intimate relation with bloodvessels, may cause metastases without having shown any sign of malignancy. Why should not this be possibly the case for the thyroid gland? At any rate, for some reason or other, a few normal cells are carried away by the blood stream into other organs. Under ordinary circumstances these cells would decay, but for some unknown reason they find a favorable "terrain" on which they grow and finally develop to the size of a tumor. This feature is no longer to be wondered at since the illuminating experiments of Carrel, who has been able to grow in cultures normal cells of different organs.

If we accept Ehrhardt's definition of a malignant goiter, "An intra- or extracapsular tumor whose elements invade the capsule, encroach upon the neighboring tissues and cause metastases," we will see that in the metastatic colloid goiter the encroaching upon the neighboring tissues and the invasion of the capsule by the glandular elements are absent. The metastatic feature is the only remaining sign of malignancy.

What strikes us in the history of a real malignant goiter is that there was at first a simple goiter of more or less long standing, that it suddenly began to grow rapidly, and only later on gave rise to metastases in the organs. This is not the case of the metastatic colloid goiter; there is here no such history as that of the rapid development of a tumor. Regensburger, in going over the statistics of 58 cases, found that the time which elapsed between the beginning of the metastases and the death of the patient was from 1 to 17 years. In all cases death was not due to the goiter, but to an intercurrent disease. Therefore I am forced to admit that a metastatic colloid goiter may be in some cases a *benign tumor*.

Parastruma or Glycogen-containing Goiter.—Dr. T. H. Kocher, Jr., was the first to describe this form of goiter. It has a nodular appearance, grows rapidly and soon becomes adherent to the neighboring tissues; it is very hard in consistency, and rapidly causes pressure symptoms. The cut surface is gray or grayish white and shows a typical, irregular, alveolar structure.

Its cells are large and clear and measure in diameter from 20 to 30 μ . They are polyhedric, sharply outlined with a colorless colloid body, and have no granular protoplasm staining with eosin. Such cells contain glycogen in variable quantity, detected by specific stainings. Nuclei are round and vesicular.

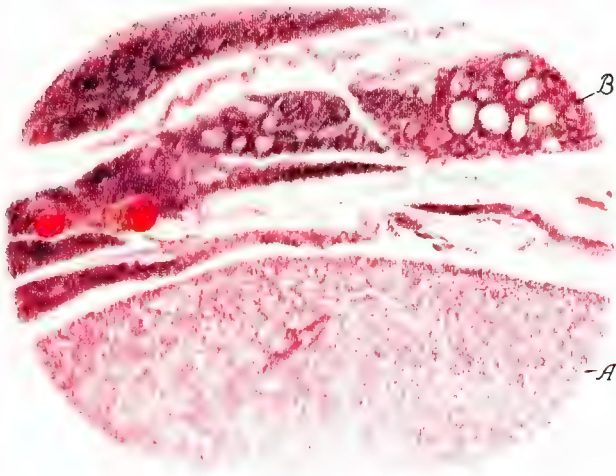
Smaller granulated cells, staining with eosin, not so sharply outlined as those previously described, and not containing glycogen, are usually distributed all over the tumor and mixed with cells containing glycogen.

The alveoli are separated by septa formed by capillaries which have the same lacunar aspect as the ones spoken about in the proliferating goiter. In between the alveoli glandular canals lined with cylindrical cells disposed in two or more layers are found. Their nuclei, instead of being at the base, lie at the tip end of the cell near the alveolar lumen. They are of embryonic origin and correspond to the vesicles and canals which Kürsteiner found extending from the lower portion of the parathyroid bodies to the upper part of the thymus gland. They have about the same dimensions as the tubuli contorti of the kidney, and possess a high, clear, cylindrical epithelium with a *nucleus lying at the upper tip end of the cell*. Such canals may be found even in the thymus itself; they disappear at birth.

On the other hand, Getzowa discovered in normal thyroids residues of aberrant parathyroids containing glycogen and glandular cells, resembling entirely those above described. We know that the human parathyroids usually contain glycogen; that they contain sometimes glandular canals lined with a high, clear, cylindrical epithelium whose

PLATE III

FIG. 1



Struma Postbranchialis.

Nodule *A* sharply outlined from the rest of the gland. Note how staining *A* differs from staining of thyroid epithelium *B*. *A* forms a cellular mass suggesting alveoli formations in places. $\times 62$.

FIG. 2



Cancroid.

Typical cancerous pearls. $\times 70$.

nuclei lie at the upper pole of the cell. Therefore it seems safe to conclude that a tumor containing glycogen and whose cylindrical cells have a nuclei at the tip end of the cell instead of at the base, is derived from the parathyroid bodies; hence the name *parastruma*.

Parastruma gives metastases in the cervical, mediastinal, bronchial glands, lungs, and bones. Metastases may or may not contain glycogen but possess the same characteristic cells; they contain, too, a great quantity of mucine not found in the parathyroid bodies.

Postbranchial Goiter.—Macroscopically, this tumor is composed of large nodules of more or less irregular surface, sharply outlined from the rest of the gland. The cut surface is alveolar, shows fine granulations and is of a grayish-brown or grayish-red color. This tumor grows very rapidly.

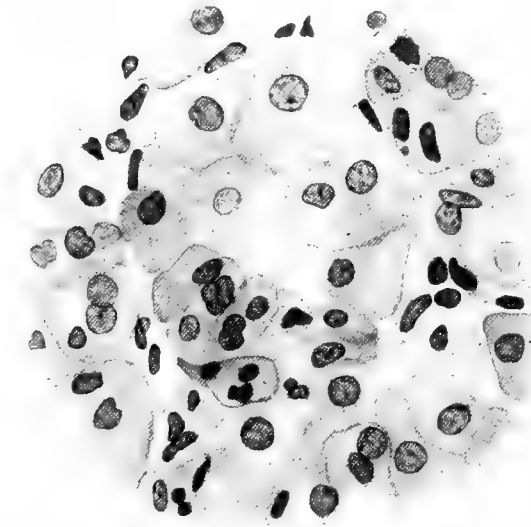


FIG. 17.—Struma postbranchialis. Large cells resembling liver cells. Note large homogeneous body of protoplasm with round, vesicular nuclei containing small corpuscles of chromatin and in places an eccentric nucleole. $\times 700$.

The alveoli are very small and seldom have a diameter of more than $100\ \mu$. The cells measure from 15 to $30\ \mu$, and show a large homogeneous, refringent protoplasm. They are polyhedric; their nuclei have about the same size as the nuclei of normal thyroid glands; they are round, vesicular and contain small corpuscles of chromatin; a small eccentric nucleole is almost always present. Such cells stain intensely with acids and do not contain fat or glycogen.

They resemble greatly the cells of the liver or suprarenal bodies. Their vesicular arrangement and their colloid content show their true origin, and prevent mistaking them for the liver's or the chromaffin system's epithelium.

Metastases are found in the lungs, liver, in the lymphatic glands of the neck and of the mediastinal space, and occur through the lymphatic vessels.

Getzowa has found in normal thyroid glands groups of cells having exactly the same histological appearance as the cells described. They are polyhedric, with an abundant granulated protoplasm, staining intensely with eosin. (Plate III, Fig. 1.) The cells are sharply outlined and resemble the liver cells (Fig. 17). They form solid cellular groups, and in places beautifully formed vesiculi in which there is found colloid. They are embryonic residues of the *postbranchial bodies*, hence the name *postbranchial goiter*.



FIG. 18.—Papilloma partly cystic and partly solid. In the solid portion the papillæ fill up entirely the whole space. In the cystic portion exquisite arborizations are seen.

Papilloma.—Papilloma are usually small in size, and may have a diffuse or nodular form. The nodules are small, smooth in surface, with a firm, fleshy consistency. The cut surface is finely granulated, grayish red, and may show a lobular structure. The tumors may be solid or cystic. In the cystic form the most striking and arborescent papillary formations may be seen sprouting from the walls of the tumor into the interior of the cyst (Fig. 18).

Papilloma begins to develop in a small follicle lined with one layer of epithelium; this is the first indication of a papilla. It gradually grows larger, and in a later stage subdivides into smaller branches which subdivide themselves again, giving, finally, rise to the most complicated arborization (Fig. 19). In places the branches of the arborization meet together and form vesicles in which colloid may be found (Fig. 20). Capillary vessels penetrate only later in the axis of the papillæ and of its arborization.

The cells are generally large and provided with abundant protoplasm which is granular, not refringent, and stains readily with eosin. Cuboidal or cylindrical, they may be sometimes very high and may reach 40μ . The nuclei are round or oval, lying at the base of the cell or at its tip. They contain a nucleole staining with eosin.

This tumor makes metastases especially in the lymphatic glands,

and has a great tendency to encroach upon the neighboring tissues. Metastases have the same histological picture as the primary tumor.

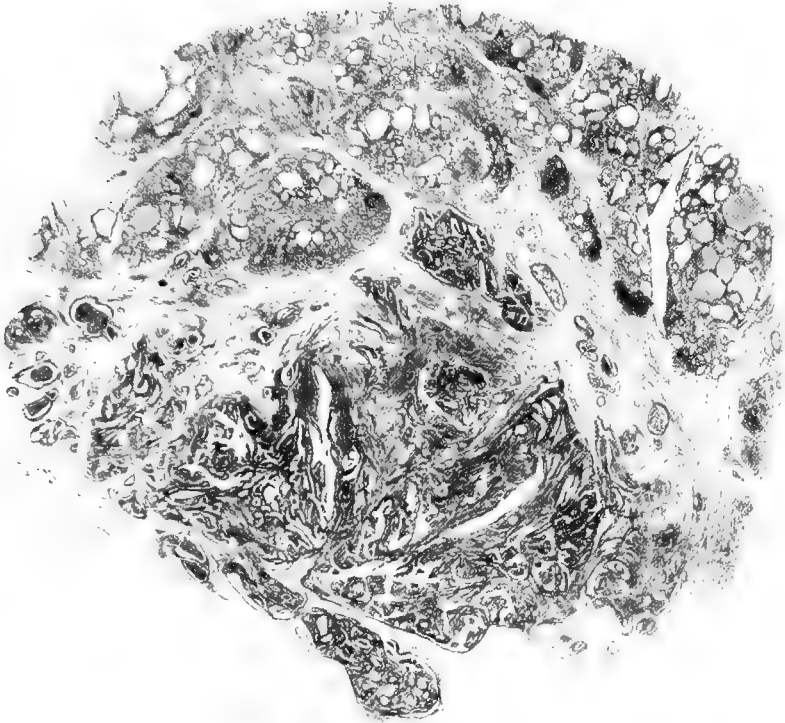


FIG. 19.—Papilloma. This low power shows plainly the arborescent formations. $\times 17$.

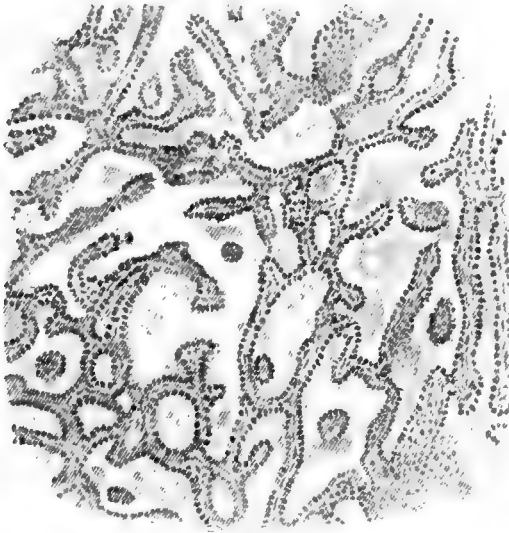


FIG. 20.—Papilloma. Low cylindrical epithelium and alveoli formations containing colloid. $\times 125$.

In such tumors lymphoid masses may be found, many of them possessing a distinct germinal center. The fact that cells with nuclei at the upper end are found, shows that they very likely take their origin in the Kürsteiner canals, described in relation with postbranchial goiter.

Cancroid.—This tumor never reaches enormous dimensions. It has an irregular surface, is very hard in consistency, and may occur in normal thyroid gland as well as in preëxisting goiter. The cut surface is white, a marrow-like color, and is finely granular; the granulations are formed by the cancerous nest sticking out, and can be readily expressed.



FIG. 21.—Cancroid. Broad, solid, cellular cords of irregular size and form, embedded in more or less loose connective tissue. $\times 44$.

Histologically, this tumor gives the same microscopic picture as the cancroid developed in the skin, mouth, pharynx, esophagus, and other organs containing a cuboidal epithelium. It is formed by broad, solid cords of irregular size and form (Fig. 21) embedded in a more or less loose connective tissue and formed of polyhedric cells provided with an abundant protoplasm. This protoplasm is finely granular and does not take eosin easily. It contains in its center a very large vesicular nucleus which contains a few small nuclei of chromatin. (Plate III, Fig. 2.) *Cancer pearls* are numerous; the blood supply is not diminished, and stroma is generally highly developed.

Owing to the fact that such tumors have always a close connection with the pharynx or larynx, Langhans thinks that this tumor has its starting-point in the epithelium of the pharynx, larynx or in remnants of the thyroglossus duct. The fact that this tumor always develops and perforates at the same place, namely, near and behind the first tracheal ring, seems to support this theory. On account of its communication with the larynx or pharynx this tumor is oftentimes the seat of inflammation and has a tendency to necrosis. Being given its anatomical relations it involves early the sympathetic and inferior laryngeal nerves. This tumor is rare.

Tumors of Connective-tissue Origin.—Sarcoma of the thyroid gland occurs sometimes in early life, but in the greatest majority of cases it is to be found between fifty and sixty years. Molf thinks that he found a suitable explanation for this in the fact that in advanced age epithelial elements undergo atrophy, thus allowing the connective tissue to grow with energy.

Sarcoma develops with preference in nodular goiter, where the connective tissue may be found more or less abnormally developed and undergoing degenerative and metaplastic changes. It may reach larger dimensions, being formed by a mass of conglomerated nodules, more or less large in size.

Sarcoma grows extremely rapidly. In the early stage it is mobile and sharply limited, but later it becomes adherent to the neighboring tissues, muscles, trachea, esophagus, etc. Hence the diffuse limits, loss of mobility, difficulty in swallowing, irradiating pain in the ear, in the arm, etc. The common carotid is displaced backward; exceptionally, it may be completely surrounded by the tumor. Sarcoma is soft in consistency, friable, exudes little juice or none on its cut surface, which is grayish white in color. Its blood supply is generally increased. It has a great tendency to undergo necrosis, fatty degeneration, or calcification.

The varieties of sarcoma mostly found in the thyroid gland are:

1. Fibrosarcoma.
2. Polymorphous-cell sarcoma.
3. Round-cell sarcoma.
4. Myxosarcoma.
5. Endothelioma.
6. Perithelioma.

1. **Fibrosarcoma.**—This variety is the most frequent. It is generally of harder consistency than the round-cell sarcoma, but it may be soft also. Its outer surface is lobulated and its cut surface is grayish white or yellowish white, but it may be of a brownish-red color if the blood supply is very well developed. This form of sarcoma is less malignant than the round-cell sarcoma. Histologically, it does not differ

from the picture of fibrosarcoma in general; the cells form a long spindle in which nuclei are found. Spindle cells alternate with masses of genuine connective tissue; hence the name fibrosarcoma.

2. **Polymorphous-cell Sarcoma.**—This sarcoma is a mixture of spindle, round, and pyramidal cells. Giant cells may be present also. In frequency this form of tumor comes next to the spindle-cell sarcoma.

3. **Round-cell Sarcoma.**—The round-cell sarcoma forms a soft, rapidly growing tumor. As it is generally composed of several lobes its outer surface is lobulated. The cut surface is generally white and contains necrotic areas. A white, milky juice exudes. The blood supply of the round-cell sarcoma is generally intensely developed. The cells

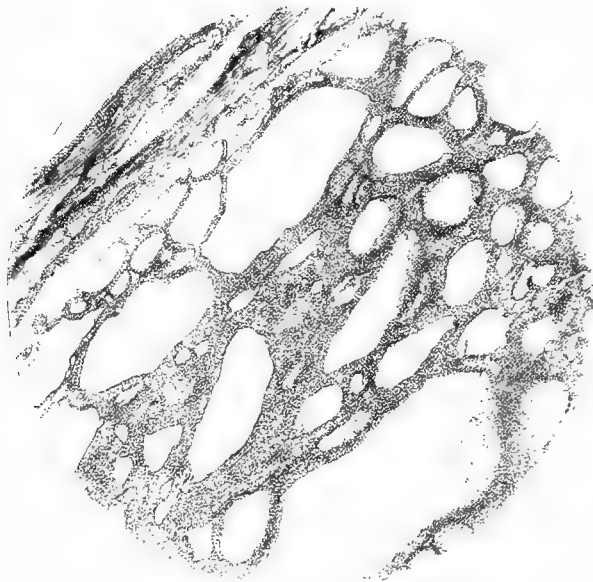


FIG. 22 —Round-cell sarcoma. The small, round sarcomatous cells are seen penetrating between the alveoli; many of them are already about destroyed. $\times 50$.

of this form of sarcoma penetrate between the follicles of the thyroid gland and surround and destroy them entirely (Fig. 22), so that the microscopic examination of a well-developed tumor shows only round-cell sarcoma. No trace of a follicle is found except at the periphery of the tumor, where the folliculi have not been entirely destroyed.

The round-cell sarcoma has two kinds of cells: the small and the large. The small cells are composed of a nucleus with a thin layer of protoplasm. They resemble lymphoid-tissue cells very much. The variety with large round cells contains abundant and granular protoplasm. The nucleus is large and oval. The latter variety is less malignant than the sarcoma with small round cells.

PLATE IV



Endothelioma.

Endothelial cells of a vascular lacuna. Note enormous dimensions acquired by the endothelium *a*; blood, *b*. $\times 280$.

4. **Myxosarcoma.**—Myxosarcoma is a rare tumor and does not differ materially from fusocellular sarcoma. It is formed by fusiform sarcomatous cells and abundant mucinoid tissue.

5. **Endothelioma.**—Macroscopically, the endothelioma is sharply outlined; only later when the capsule and neighboring tissues have been invaded by the tumor does it become diffuse in its limits. The surface is more or less coarsely lobulated because the tumor may be composed of one or more nodules of different sizes. Its capsule, more or less thick, is composed of connective tissue in which bloodvessels have been partly obliterated; hence the frequent areas of necrosis found throughout the tumor. The cut surface differs strikingly from the cut surface of other varieties of sarcoma. Connective tissue irregularly disposed forms a framework in which large vascular lacunes are found containing liquid

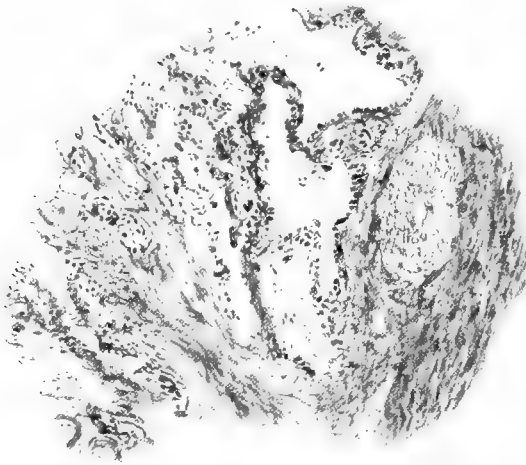


FIG. 23.—Endothelioma. Cavernous portions of the tumor. $\times 60$.

or coagulated blood (Fig. 23). Fibrin at different stages of organization is seen forming gray masses which have been called by Langhans "rubber colloid."

The microscopic picture seems to be at first very complicated. This tumor is composed of capillary vessels with a single layer of epithelium; little by little the epithelium begins to proliferate; the capillary vessels become larger and finally form large (Plate IV) vascular lacunes filled with blood in which the epithelium has acquired enormous dimensions. This endothelium may be desquamated, and in places fills entirely the vascular cleft, thus forming solid cellular cords and nests.

In places large endothelial cells are found containing in their protoplasm one or several red corpuscles undergoing degeneration and finally forming homogeneous little lumps known as *Russell's corpuscles*. This shows the exquisite phagocytic power of endotheliomata.

The cells are variable in form. They may be polyhedral, round, or have a spindle form; protoplasm is more or less abundant and stained heavily with eosin. The nuclei are generally large and contain one or two small corpuscles of chromatin.

Connective formations between the vascular lacunes are more or less abundant. Metastases take place through the bloodvessels and have the same characteristics as the primary tumor.

6. **Perithelioma.**—Such tumors originate by proliferation of the outermost part of the wall of the bloodvessel. The endothelium is always normal, its outermost part only showing the beginning of the proliferation.

The microscopic picture is very typical. It consists of a capillary vessel of more or less large diameter with an absolutely normal endothelium. All around this lumen there are multiple layers of cells forming a thick mantle to the bloodvessels. These mantles may be separated or may fuse together, forming what is called a *plexiform angiosarcoma*. When fusion between the mantles has not taken place, capillary vessels and thyroid follicles may be found.

The cells may be more or less large and of different forms. The protoplasm stains readily with eosin, and its nucleus contains many small nucleoles of chromatin. Such tumors are generally very hard.

Combination of Various Forms of Malignant Goiter.—Carcinoma and sarcoma may occur at the same time in the thyroid gland. This occurrence, however, is exceedingly rare. Such tumors are formed with cells of the carcinomatous and sarcomatous type irregularly mixed together; hence the name *carcinoma sarcomatodes*. Schmorl has seen carcinomata sarcomatodes occur in a relapsing cancer of the thyroid gland. In the metastasis the sarcomatous type of cells only was found.

Mixed Tumors.—These tumors are characterized by their extreme polymorphic aspect, as they contain connective and epithelial tissues, cartilage, bone, etc. They have been called osteochondrosarcoma and osteochondroadenoma, etc. They constitute the first stage in the development of teratoma, with the difference that they do not contain any well-differentiated organ like the latter one.

These tumors, although found mostly in old people, seem to be congenital. They undergo malignant degeneration only in old age. Women have them more often than men, and they are found, too, in animals. Their size varies from the size of a fist up to the size of the head of a fetus. Their surface may be smooth, but is mostly grossly lobulated. They are firm or hard in consistency, although some portions may be soft. As a rule the tumor has sharp limits except in advanced stages of malignancy. Their walls are often infiltrated with calcareous deposits, so that a saw is necessary to cut them. In the cut surface the carti-

laminous and bony formations are found mixed with softer areas formed by sarcomatous or cancerous degeneration. These tumors produce metastases in the lungs, heart, suprarenal bodies, liver, stomach, and intestines. The lungs are mostly affected. The histological picture of the metastasis is the same as that of the original tumor; bone, cartilage and other tissues may be found in it.

Histologically, osseous and cartilaginous tissues are found diffusely mixed with thyroid elements; the alveoli may proliferate intensely and their epithelium in places may become cylindrical. Colloid is also present in alveoli.

The most common form of degeneration of connective tissue is the fusocellular sarcomatous type. Blood is supplied by vascular lacunes whose thin walls will explain easily why hemorrhages are frequent in such tumors.

Hyalin and reticular cartilage are more or less constantly found in mixed tumors of the thyroid. Their distribution throughout the tumor is capricious and does not follow any rule. The osseous elements have not, like normal bones, a lamellous structure; the osseous corpuscles are not as well formed as the normal ones. As a rule the structure of these bony formations affects the spongiform type; the eburneous type is rare. No medulla is found in the trabecules.

Solarno, of Milan, reported, in 1914, a case of osteosarcoma developed in the left lobe of the thyroid. The tumor was enucleated but recurred quite rapidly. It was formed, histologically, of sarcomatous and osteoid elements.

The pathogeny of such tumors can be explained by the *theory of metaplasia*; in other words, they are due to an abnormal and incoherent proliferation of normal glandular elements. Such conception is based on indisputable facts of substitution of one tissue by another; for instance, the ossification of a scar tissue in the abdominal wall after a laparotomy is a well-known fact. While assistant to Professor Kocher I remember that eight to ten months after a median laparotomy for a gastric cancer we removed a large ossification which had developed in the old scar; histologically, it proved to be ossified connective tissue.

Cohnheim explains the origin of such tumors by the *inclusion theory*. In his judgment some non-differentiated cellular elements of other organs are accidentally mixed and held among the thyroid cells at the time of their embryological formation. For a long time they remain inactive, but in later periods of life, for some unknown reason, they begin to proliferate and develop into these peculiar tumors.

Dermoids and Teratoma.—These tumors are exceedingly rare; three or four cases have been reported in the literature. They represent a step further in the development of mixed tumors. In the latter ones

the elements are mixed together without order and are represented by a cellular, non-differentiated mass; whereas in dermoids and teratoma, these elements are organized into rudimentary organs as skin, hair and other well-developed tissues.

Personally, I came across one case (Fig. 24). The dermoid in itself was a very small nodule about the size of a small nut, mixed among other colloid nodules. There was no infiltration of the neighboring tissues, and the only feature which attracted my attention was its white, transparent appearance. Microscopically, it proved to be skin with sebaceous and sudoriparous glands. (Plate V, Figs. 1 and 2.)

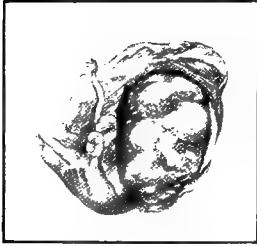


FIG. 24.—Dermoid cyst.
Natural size.

Accessory Goiters.—An accessory goiter is a goiter developed in an accessory thyroid gland. We distinguish two kinds of accessory goiters, the *false* and the *genuine*. If a goiter nodule gradually becomes separated from the main body

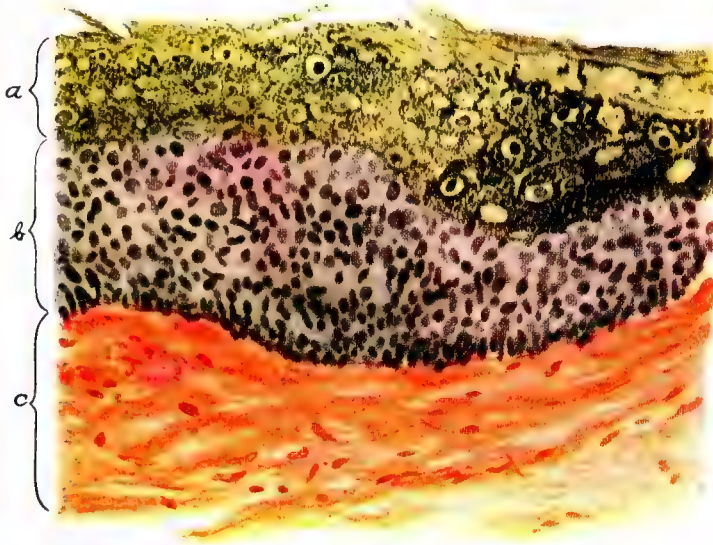
of the thyroid, so as to be wandering, possibly quite far from the mother-land, while retaining with it a *connective-tissue connection*, this wandering goiter is called *false accessory goiter*; but if the accessory goiter nodule has no connection whatsoever with the thyroid or the goiter, then it is called *genuine accessory goiter*.

Genuine accessory goiter takes its origin in residues left at the time of the formation of the thyroid. We must remember that after the thyroglossus duct has proliferated and formed the thyroid gland, it gradually becomes atrophied and leaves as vestiges a fibrous cord called the thyroglossus tract, which extends from the foramen cecum of the tongue to the pyramidal process of the thyroid, passing between the mylohyoid and the geniohyoid muscles. This duct may leave along its entire course islands of thyroid tissue, at the cost of which later on accessory glands or goiters may develop. Sometimes the thyroglossus tract passes behind or in front, or even through the hyoid bone, and may extend downward into the anterior mediastinal space as far as the aorta. In that case accessory glands may be left over the entire length of this course and thus will be easily explained the origin of accessory glands and of tumors of the mesobranchial type, developed not only at the base of the tongue, in the hyoid bone, and in the cervical region, but also in the mediastinal space.

Accessory goiters may be influenced sympathetically by pathological disturbances of the thyroid gland itself; they may undergo compensatory hypertrophy after partial or complete thyroidectomy; finally, they may give rise to the same variety of tumors as the gland itself. Consequently, whenever the presence of an accessory goiter is suspected, the

PLATE V

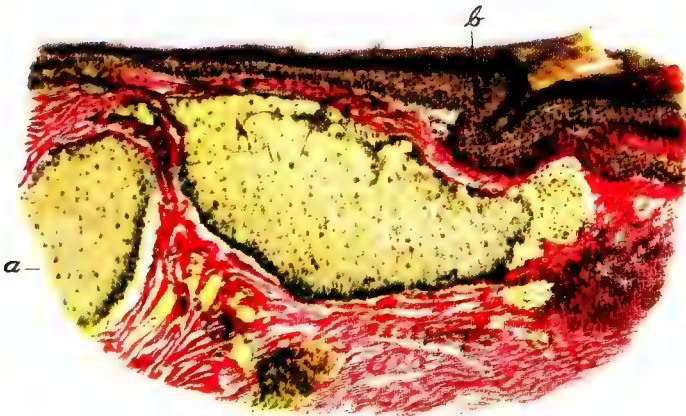
FIG. 1



Dermoid of Thyroid.

Skin with (a) stratum corneum; b, stratum mucosum; c, stratum conjunctivum.
× 300.

FIG. 2



Dermoid of Thyroid.

a, sebaceous glands; b, stratum pilosum. × 100.

thyroid gland should be thoroughly examined, as the treatment will depend greatly upon the conditions found. If the thyroid is functionally intact, excision of the accessory goiter can be done safely; but if symptoms of thyroid insufficiency are present, a partial operation only on the accessory goiter must be performed.

The most important varieties of accessory goiters are the median cysts and lingual goiters; then come the intrathoracic, the intratracheal, and ovarian goiters.

Median Cysts.—Median cysts are located above or under the hyoid bone; more rarely they are located in the body of the hyoid bone itself. Although variable in volume, they seldom exceed the size of an egg. They are round or oval in shape, elastic in consistency, often show fluctuation, being, as a rule, firmly attached to the hyoid bone; they are more or less immobile; pressure is painless. They originate from an incompletely obliterated thyroglossus duct (Fig. 25), giving off a secretion which gradually distends the canal until a cyst is formed. They are seldom congenital. As a rule they develop in the first three decades of life and are more frequently observed at the time of puberty.

The following case will serve as a good illustration of such a condition:

Miss H. C., aged twenty years, referred to me by Dr. J. F. Baldwin, of Columbus, Ohio. A year before the patient noticed a small lump under the chin, growing slowly but gradually; no pain; no disturbance of any kind. Examination showed that between the hyoid bone and the thyroid cartilage, in front of the thyrohyoid membrane, there was a lump the size of a walnut, with smooth surface, elastic, and slightly mobile laterally, but immobile in the upward direction; pressure was absolutely painless. Thyroid gland was normal and independent of the tumor.

Diagnosis.—Cyst of the thyroglossus duct.

Operation confirmed the clinical diagnosis and showed a cyst dark in color, situated between the hyoid bone and the thyroid cartilage in front of the thyrohyoid membrane. The thyroid cartilage was displaced downward, forming a part of the lodge in which the cyst was located. The cyst was attached firmly to the hyoid bone and was solidly embedded in it. It was carefully dissected out and removed. The walls of the cyst were thin and contained a dark fluid rich in cholesterolin. At the microscopic examination the walls of the cyst were found to be lined with a ciliated, cylindrical epithelium disposed in one, two, and, in places, three layers.

The epithelium lining these cysts is not always cylindrical, but may be pavementous. The cystic contents may be a clear or bloody fluid containing cholesterolin.

The *median fistula* may be complete or incomplete. In the great

majority of cases it is not congenital, but appears after birth. If complete, the fistula extends from the foramen cecum of the tongue to the skin,

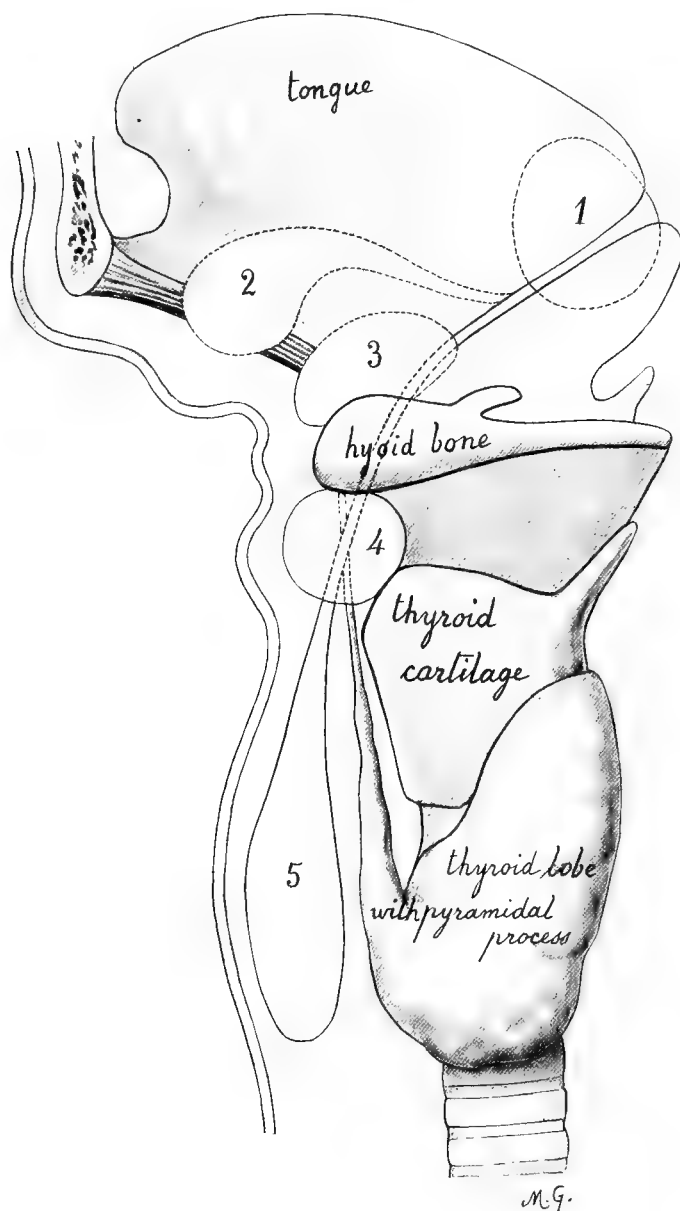


FIG. 25.—Diagram showing the various locations of cystic or solid tumors developed from the thyroglossus duct. 1, intralingual; 2, sublingual; 3, suprahyoid; 4, infrahyoid; 5, prethyroid.

its external orifice being found on the middle line of the neck between the hyoid bone and the jugulum. Its external opening may be punctiform or

may be wider. Its lumen may be unique or multiple. Oftentimes the walls of the fistula are so thickened as to become easily palpable under the skin, especially in the region of the hyoid bone. It passes in front of the incisura of the thyroid cartilage and in front of the thyrohyoid ligament and forms intimate relations with the hyoid bone, while passing behind, in front, or through the body of that bone. The epithelium lining the canal may be cylindrical or pavementous or both together; secretion is variable and may be reduced to a few drops a day or may be quite abundant; in that case irritations and eczematous conditions of the skin may follow. Fistula and cyst may in rare instances undergo malignant degeneration. The only rational treatment is their removal.

Lingual Goiter.—Lingual goiter is not infrequently found. According to Smyth, 67 cases have been reported in the literature. Out of this number 61 were in females. Although found at all ages of life, they seem to be most frequently reported at the time of puberty. For a long time they may remain unobserved, but when they begin to grow the symptoms rapidly become marked.

The tumor is always found at the root of the tongue in the region of the foramen cecum, and is usually median. The size varies between the size of a cherry and that of an egg. Its consistency is variable; it may be hard, soft or cystic, according to the pathological changes which have taken place in it. Although embedded in the muscular fibers of the tongue, it may have a slight mobility *per se*, and has always, except when inflamed or degenerated, very sharp limits. Under the chin a diffuse swelling may be seen, but toward the pharynx and larynx the tumor is well outlined.

Lingual goiters are exceedingly vascular. Large, numerous blood-vessels penetrate the goiter from the neighboring tissues. The mucous membrane of the tongue is congested and filled with dilated blood-vessels; consequently a slight traumatism may cause quite an important hemorrhage; as a result the operation will be a bloody one. Histologically, these tumors are the same as simple goiter.

The symptomatology of such tumors has very few characteristics of its own. Patients complain of a sensation of fulness and tension in the upper part of the neck as if a foreign body were localized in the pharynx and could not be swallowed despite continued efforts at deglutition. If the tumor is superficially localized, the epiglottis being constantly irritated, coughing spells may ensue. Deglutition and respiration are, as a rule, interfered with only when the goiter has reached large dimensions. There is often a certain difficulty of speech: the patient articulates as if the tongue were infiltrated and swollen. At the same time the flow of saliva may be increased; expectorations of blood due to ulcerations of the lingual mucous membrane may occur.

Diagnosis is not always easy. In discussing the differential diagnosis of lingual tumors the possibility of a lingual goiter should always be borne in mind. The mere inspection of the buccal cavity with a frontal mirror is not sufficient, as in many of the reported cases the tumor could not be seen by direct inspection. But indirect examination with the laryngoscopic mirror will show in the region of the foramen cecum a tumor bulging more or less and covered with a congested and vascular mucous membrane. Intrabuccal, monodigital examination combined with outside manipulation will readily discover the tumor; as palpation is painless, its limits will be easily outlined. The tumor may bulge slightly under the chin. Lymphatic glands of the cervical region are not involved.

In a syphilitic gumma the limits are more diffuse and the tumor has a tendency to show a softening of its central portions. In malignant tumors the limits will be infiltrated and diffuse. The age of the patient and the course of the disease may be of some help in differentiating the diagnosis. Dermoids and cystic tumors of branchial and salivary origin sometimes found at the basis of the tongue may not be differentiated, clinically, from a lingual goiter, as their consistency and other anatomical features may recall those of a lingual goiter to such a degree that their true nature is recognized only at the time of the operation. Angiomas are more spongy, more irregular in outline, of purple color, and show usually venous extension to one of the lateral sides of the pharynx.

Surgery is the only rational treatment for such conditions. Before removing radically, care should be taken to ascertain the presence of some other source of thyroid secretion, as cases of myxedema have been reported from various sources as a consequence of a radical extirpation of a lingual goiter. The operation can be made from within or without the mouth. The choice of the route will be dictated by the case itself. If the buccal route is chosen, and if general anesthesia is not used, the tongue and pharynx are carefully novocainized, and a rapid enucleation is made while the tongue is held in extreme tension. The free hemorrhage is controlled by deep sutures. If the cervical route is chosen, a transverse incision is made in the region of the hyoid bone and the goiter is dissected out. It will rarely be necessary to divide the lower jaw. While bloody, these operations for lingual goiter are quite successful. No fatalities have been reported.

Intrathoracic Accessory Goiter.—Accessory thyroid glands are not infrequently found in the thorax. Wölfler called attention to this, and Wagner found quite frequently small accessory goiters in the thoracic cavity of dogs. I remember finding at an autopsy of a patient a tumor the size of a small egg situated at the bifurcation of the trachea. Histologically, this tumor was a simple colloid goiter.

These tumors have been found in close relation with the aorta, and therefore have been called *aortic goiter*.

While assistant to Professor Kocher I remember seeing an aberrant intrathoracic goiter which during coughing spells became entirely cervical and disappeared again into the chest.

The majority, however, of these tumors are autopsy findings. Few may grow so large that marked symptoms of dyspnea and impairment of circulation follow. The symptomatology of such tumors does not differ from the symptomatology of intrathoracic goiter, which will be discussed in a later chapter.

Ovarian Goiter.—Ovarian tumors showing both grossly and histologically the typical structure of a struma colloidæ have been reported by numerous authors more than once. A great many of such tumors are teratomata in which the thyroid tissue has taken the upper hand, but in others no teratoid formations can be found, so that the tumor seems to be composed purely of thyroid alveoli with their typical normal structure.

Possibly such tumors are due to metastatic colloid goiters. We know that a simple colloid goiter is liable to make metastases in bones and other organs. Why not, then, in the opinion of some authors, admit that such metastases could take place in the ovary? Thus the question is proposed, but I would not dare to answer it. I should rather be inclined to consider the above theory as improbable.

Similar tumors have been found in the testicles. One should not forget there is a series of tumors which might be mistaken for an ovarian goiter, and which are, indeed, tumors of an entirely different nature, such as adenoma, cystadenoma, adenocarcinoma, endotheliomata, etc.; in these, too, the colloid formation may be very abundant and the histological picture may resemble that of goiter.

Pick was the first to contend that these ovarian goiters are all teratomata, whether they contain or do not contain embryonic rests of other organs; the thyroid elements possessing more vitality outgrow the other embryonic tissues and finally destroy them. This process results finally in the production of a colloid tumor. In support of his contention, Pick cites Saxer's case, in which a single well-formed tooth was found in an otherwise healthy ovary. In Pick's judgment this can be explained only on the theory that a teratomata had started to develop, that the tooth above was able to grow, and that the remainder of the embryonic tissues was absorbed.

Pick's views on the etiology of ovarian goiters are, so to speak, universally accepted. Walthard examined three ovarian goiters which were apparently composed of thyroid tissue only. Yet, after making "complete serial sections" of all of these three tumors he found in one

case cartilage, in the other squamous epithelium, and in the third sebaceous and sweat glands. In every case the findings were purely *microscopic*; it would have been utterly impossible to detect them macroscopically. These facts of Walthard's very strongly support the teratoma theory.

The iodine content of such tumors might be of diagnostic value, since we know that in goiter, iodine more or less is always present. To be pathognomonic it should be demonstrated that iodine does not exist in any others except in those of thyroid origin. I think that this fact has not been thoroughly established. At any rate the amount of iodine found in these thyroid-like tumors is so infinitesimal (0.000225 gm. iodine in 16 gms. of ash, by Robert Meyer) that its presence is of comparatively little significance. A. P. Jones has shown that the presence or absence of iodine in colloid material can be determined by the behavior of the colloid with the Mallory's anilin-blue-orange connective-tissue stain. G. W. Outerbridge, after applying the same staining method to ovarian goiters, found that these tumors contain without doubt a certain amount of iodine.

Such tumors may reach a very large size and are very often accompanied by ascites; they are coarsely lobulated, and may be partly cystic and partly solid. The only case which it has been my good fortune to see, reminded me at once on its cut surface of a colloid goiter; the histological examination confirmed my presumptions. Clinically, most of these ovarian goiters are benign; some of them, however, may undergo malignancy. Concomitant *ascites* must be regarded as a suspicious symptom. Yet it is no certain proof of malignancy, since we know that ascites sometimes accompanies benign ovarian tumors or non-malignant pediculated fibroids of the uterus.

From all that we know of the physiology of the thyroid gland, if these ovarian goiters are truly of thyroid parenchyma, then there can be no doubt that these tumors are endowed with an *internal secretion*.

CHAPTER V.

INFLAMMATIONS OF THE THYROID.

Inflammations.	1. Bacterial	Acute	Non-purulent.
			Purulent.
	Chronic.		Syphilis.
			Tuberculosis.
	2. Toxic.		Ligneous or woody thyroiditis.
	3. Parasitic.		
		<i>Chagas</i> thyroiditis.	
		Echinococcus.	

History.—As early as the eighteenth century a number of descriptions of purulent and non-purulent thyroiditis were given by Carron, Walter, Hedenus, Conradi and Bischof. The disease was called by some “cynanche thyroidea,” and “angina thyroidea;” it was called by Walter “struma inflammatoria;” Franck called it “thyreophyma acutum,” and Baillie, “inflammatio glandulæ thyroideæ.” Hedenus, Franck and Conradi seem to have realized in their descriptions of the disease that there was a difference between inflammations of a normal thyroid and inflammations of a goiter, as Conradi, in 1824, objected strenuously to the name “struma inflammatoria” applied indifferently to any infectious disease of the thyroid. In 1840 Weitenweber fully appreciated the difference between the two conditions and called inflammation of the normal thyroid “thyreo-adenitis,” and inflammation of a goiter “struma inflammatoria.” In 1857 Bauchet published a very complete article on both forms of inflammation. As Conradi did, Bauchet also considered the non-purulent form of thyroiditis as the fore stage of the purulent form. In 1878 Kocher, speaking of the etiology of infectious diseases of the thyroid, made a great step forward in claiming that all inflammations of the thyroid were of a metastatic nature; and the correctness of such views was demonstrated bacteriologically by Tavel in 1892. In 1895 Mygind, dividing thyroiditis into two classes, the “simplex” and the “suppurativa,” claimed that the first one was not always a fore stage of the second, but was in many instances a disease *sui generis*. Ewald, in 1896, although admitting that the thyroiditis simplex might be of “idiopathic or metastatic” origin, did not recognize for it an entity of its own, but looked upon the non-suppurative thyroiditis as the fore stage of the purulent form. The same was done by von Eiselsberg. In 1894 De Quervain, in an

eloquent and scientific article, took up this question again and shared entirely Mygind's views. In his judgment the non-purulent thyroiditis is a disease *sui generis*, sharply defined clinically as well as pathologically.

Before discussing these views let us have a clear understanding of the terms we use. We call *thyroiditis* an inflammation of a normal thyroid gland, and *strumitis* an inflammation of a goiter, no matter what its variety may be. When we speak of a *primary thyroiditis* or of a *primary strumitis* we mean an inflammation which apparently seems to occur spontaneously in a normal thyroid or in a goiter; nowhere in the organism can a focus be found which might explain the origin of the infecting agent. *Secondary thyroiditis* and *secondary strumitis*, on the other hand, are infections whose infectious agents have been transported metastatically from a well-defined infected focus in the body, as pneumonia, typhoid fever, etc. Strictly speaking, however, there is no such thing as a *primary infection* of the thyroid. If one examines carefully and critically the so-called "primary thyroiditis," or "primary strumitis," it will always be found that the patient was previously predisposed to infection by some gastro-intestinal disturbances, some chronic intoxications, as syphilis, tuberculosis, saturnism, etc. Thyroiditis and strumitis are all of metastatic origin, *ergo*, *secondary*; nevertheless we shall preserve these two distinctions for the sake of convenience and clearness.

We distinguish two kinds of thyroiditis, *bacterial* and *toxic*.

Bacterial Thyroiditis.—Bacterial thyroiditis is caused by the settlement of the microorganism itself in the thyroid; *toxic thyroiditis* is due to the inflammatory reaction of the thyroid when in contact with chemical poisons or microbic toxins circulating in the blood.

I cannot bring myself to consider with De Quervain and Mygind the non-purulent form of bacterial thyroiditis as a class apart, a disease *sui generis*. The same microorganism, according to its violence on one side, and the means of defense of the body on the other, will in one case determine only a non-purulent thyroiditis; whereas in another case it will produce suppuration. Even if a small purulent focus has started, it may not necessarily continue to evolve but may regress and finally be absorbed. Such cases will be catalogued as non-purulent thyroiditis because clinically we have no positive means of distinguishing the purulent from the non-purulent forms in their incipient stage. In that respect very instructive is the case reported by Breuer. His patient, without any apparent cause, was taken suddenly sick with acute thyroiditis developed in the left lobe of the thyroid gland. Swelling, local and referred pains, difficulty in swallowing, fever, etc., were present; in short, the clinical picture was identical with the one of primary non-purulent thyroiditis. Four or five days afterward everything had subsided, but in

the following weeks he began to show symptoms of exophthalmic goiter, and seven months afterward died from the consequences of this disease. Postmortem showed in the left lobe a small encapsulated *abscess* which proved to be of staphylococcus origin. And yet this case had been labeled in good faith, and could not be called anything else than "non-purulent thyroiditis."

A bacterial, non-purulent thyroiditis, in my judgment, is only a phase of a process whose last act is suppuration. This suppurative stage may or may not be reached; we have no means to know beforehand, what course a given thyroiditis will take, whether abscess will form or not. This is certainly true in typhoid, diphtheria, puerperal infection, cholera, influenza, pneumonia, and erysipelas. Therefore, if we are willing to say that in acute thyroiditis the inflammatory process, according to the virulence of the microorganism and the individual resistance of the patient, may never go further than the non-purulent stage, and that the same process, when conditions of virulence, resistance, etc., are changed, may pass over to the purulent stage, all well and good (the distinction between the non-purulent and the suppurative stage is needed anyway for the sake of clearness in describing the disease); but to make of the non-purulent stage a disease *sui generis* does not seem to me rational. It might be permissible to put under this separate heading the forms of thyroiditis consecutive to infectious diseases whose bacterial etiological factors are still unknown, as in scarlet fever, measles, parotitis, and acute inflammatory rheumatism; these forms of thyroiditis *do not suppurate*. As we do not know if in such circumstances thyroiditis is due to the microbes themselves, too mild to reach the suppurative stage, or to their toxins, it might be more simple and non-committal to regard them for the time being as diseases *sui generis*, but certainly some day there will be more light upon this subject, and I feel confident these forms of acute thyroiditis will be classified as toxic forms of thyroiditis.

According to the foregoing considerations we will admit that bacterial thyroiditis may evaluate in two stages, the *non-purulent* and the *suppurative* forms.

Bacterial thyroiditis may be *parenchymatous* or *interstitial*. In the *parenchymatous* form the epithelial elements are mostly involved, whereas in the *interstitial* form the connective tissue is mostly inflamed. But, as a rule, both forms of thyroiditis are mixed together, one predominating more than the other.

If we should consider a goiter as the result of an infectious process, the goiter in itself would be a thyroiditis, and strumitis would then become only an epiphenomenon of a previous infection. Indeed, one cannot fail to see there must be a connection between goiter and strumitis;

in regions where goiter is endemic, strumitis is mostly found, whereas thyroiditis is rare. The opposite is true of countries free from goiter.

One of the greatest laws which infections seem to follow with predilection is, they localize preferably on the site of diminished resistance. Now, then, as we know that in all infectious processes of the body the thyroid is put to a very great task, being seemingly the great laboratory where the products of thyroid secretion are destined to neutralize or render harmless the poisons of metabolism, it is not illogical to admit that after a long illness the gland is in a state of exhaustion and becomes an easy prey for infection. When strumitis occurs in cases in which acute infection has apparently not previously existed somewhere in the body, we are then compelled to admit that goiterous degeneration has created a predisposition to infection. Indeed, goiter with its degenerative and hemorrhagic processes forms a suitable "bouillon" for the growth of microorganisms which happen to be wandering in these regions.

We may consequently conclude that a local pathological disposition of the thyroid forms a *locus minoris resistentiæ*, and thus may encourage acute inflammation to settle in the thyroid. The mildest degree of local disposition is found in thyroid parenchymatous hyperplasia, but as soon as thrombosis, hemorrhages, and regressive metamorphoses, as fatty and colloid degeneration, take place the local disposition of the tissues for infection is greatly increased. This is so true that typhoid bacilli, in order to be able to produce a thyroiditis, must have a great virulence or they must develop in a gland already degenerated. Roger and Garnier were unable to produce experimental thyroiditis by injecting typhoid bacilli in the thyroid arteries of the normal gland of rabbits. Traumatism also is an etiological factor. Of course, beside local disposition, the virulence of the microorganism is of great importance.

Yet we must say there are in the body very few organs which are less susceptible to metastases of all sorts than the thyroid; for instance, metastases in that gland from malignant tumors are of the utmost rarity; even tuberculosis, which is one of the most common diseases, very rarely settles in the thyroid. Certainly, this relative immunity must not be an accidental one; very likely, under normal conditions, the thyroid gland has a powerful bactericide action, capable of warding off infections.

If it is a well-accepted fact that a preëxisting goiter is a predisposing factor of great importance in the etiology of strumitis, what about thyroiditis? Is there, perchance, a small goiterous nodule there also, too small to be detected clinically, and which becomes the point where infection sets in? The problem is not easily solved.

We really have no means to decide, *clinically*, when the thyroid ceases to be normal and begins to become pathological. Bassot, in postmortems

of pregnant women who died soon after delivery, found the thyroid three or four times larger than normally, and yet in many of these cases the histological picture was one of a normal thyroid gland. De Quervain found that in a gland weighing 50 gms. or more the histological picture may have been one of an absolutely normal thyroid gland, whereas in glands weighing between 20 and 30 gms. unmistakable signs of diffuse colloid degeneration might be seen. Therefore neither weight nor size is a positive criterion when it comes to deciding whether the thyroid gland is normal or not.

Etiology.—Kocher is the first who brought light into the etiology of thyroiditis. In the farsightedness of his genius, although at the time he did not have bacteriology to support his theoretical views, he claimed that every acute thyroiditis or strumitis was due to metastasis of an infectious agent located somewhere in the organism, or originating from the intestinal canal. Later, bacteriological findings proved the correctness of such views.

Thyroiditis and strumitis may occur spontaneously without any apparent cause, or as a complication of another infectious process. They happen especially during convalescence from an acute illness, and are less frequent in chronic cases.

Infection may take place in three different ways: (1) by *contiguity*. An infection localized in the neighborhood, as for instance, in the case of cervical adenitis, may extend gradually over to the thyroid; this mode of infection is more apt to cause a perithyroiditis or a peristrumitis than a genuine thyroiditis or strumitis; however, the fact is possible, and has been observed; (2) by *direct inoculation*, as in a puncture with a needle or an injury with a knife; (3) by the *hematogenous route*. As the thyroid has no excretory canal and does not come into contact with a mucous membrane of any sort, if an inflammation sets in, and if the possibility of an infection by direct traumatism or by propagation from the neighboring tissues has been excluded, there remains only one possible way by which the microorganism might have traveled, and that is by the hematogenous route; bacteria thus thrown into the blood current settle in the thyroid.

If an infected focus exists somewhere in the body, thyroiditis or strumitis may be caused by the direct metastasis of the same microorganism causing the primary infection; but it may be caused, too, by a microorganism of an entirely different nature from that of the primary focus. A mixed infection may even be present.

The number of microorganisms incriminated as etiological factors of thyroiditis or strumitis is a very large one. Osteomyelitis and metastatic meningitis cannot compete with thyroiditis and strumitis so far as the diversity of microorganisms as etiological factors. Thyroiditis and stru-

mitis have been found to follow not only pneumonia, typhoid, tonsillitis, puerperal infections, gastritis, enteritis, pyemia, but also scarlet fever, diphtheria, malaria, influenza, smallpox, measles, cholera, dysentery, mumps, and inflammatory rheumatism. All the infections of the gastro-intestinal tract especially, but particularly of the intestine, have been incriminated in the production of thyroiditis. The microbes mostly found in such conditions are the streptococcus, the staphylococcus, the *Bacillus coli* in pure culture or associated with anaërobic organisms. The symbiosis of the latter microörganism with streptococcus is frequently found in gangrenous thyroiditis. Typhoid bacilli are found, too, as etiological factors of thyroiditis and strumitis. Out of 1700 cases of typhoid fever Liebermeister and Hoffmann found 15 cases of thyroiditis and strumitis with six abscesses.

Pneumococcus has been found in acute infections of the thyroid following pneumonia, and streptococcus after erysipelas and puerperal infection.

As said before, traumatism may be an adjuvant etiological factor of great importance in thyroiditis. It does not need to be a direct injury of the thyroid, as a puncture with a needle or knife, but indirect injury is sufficient to cause thyroiditis. This is well illustrated in the case of Schöninger, who reported that a girl, aged three years, after being attacked and nearly choked to death, developed an acute thyroiditis. In that case it is well to assume that a hemorrhage was the consequence of the direct traumatism, forming in that way an excellent "bouillon of culture" for bacteria to grow upon. The same explanation holds true in goiter. Schöninger reported another case of a girl who, while lifting a heavy weight, felt a sharp pain in the region of the thyroid, and soon after developed a strumitis. Similar cases of thyroiditis and strumitis were observed, too, by Kocher in men whose profession it was to carry heavy loads on their heads and necks, and in officers of the army whose duty it was to cry out loud orders, while their uniforms fitted their necks tightly. Cold seems to have been in some cases etilogically responsible for thyroiditis.

Thyroid inflammations have been found at every stage of life, from the young child to the old adult. Demme saw a congenital strumitis in a newborn babe, and Berard a strumitis in an old man, aged seventy-five years. A case of mine was in a woman, aged seventy years. But the period of life in which they are most frequently found is between fifteen and sixty years. Women are more often affected than men, and this may be explained by the activity of their sexual apparatus. Each period of their genital life, as puberty, menstruation, pregnancies, menopause, is an occasion for congestive reactions in the thyroid, and consequently predisposes to goiter development and infections.

Pathology.—In a great majority of cases inflammation is localized to one lobe while the rest of the gland remains normal, but cases have been reported in which infection extended to both lobes and the isthmus. The isthmus and the pyramidal process are less frequently involved.

In the early stage of the development of the infection, namely, in the non-purulent stage, the capsule is furrowed with distended, partly thrombosed veins; the glandular tissue is extremely congested, dark red, and spangled with punctiform hemorrhages. In places small infarcts are seen. Parenchyma, as well as interstitial connective tissue, is involved. Under the spur of the infection the epithelium begins to proliferate; the cells may increase in size and number to such an extent as to become multistratified and to form papillary projections into the alveolar lumen; at the same time a more or less intense cellular desquamation may take place. The colloid becomes vacuolated, thinner, loses its staining power, and in many alveoli disappears entirely. The lymphatic spaces are distended; cells of connective-tissue origin proliferate; infiltration with leukocytes is more or less marked.

According to De Quervain, besides these elements of connective-tissue origin *giant cells* are found which should not be confused with tuberculous giant cells. They are seen around very thick, seemingly unabsorbable lumps of colloid, and have very likely a phagocytic action. They are the same ones which are found around foreign bodies, and probably have the same significance.

In the *purulent stage* suppuration takes place in one or more of the small hemorrhagic areas. As in pyelonephritis the gland may become entirely dotted with small abscesses which may remain independent of each other, or may fuse together gradually, forming finally a large purulent collection. In thyroiditis the abscess is never very large. In strumitis its size depends upon the dimensions of the preëxisting goiter, and may attain large dimensions, especially in cystic goiter.

Pus varies in consistency and color. It may be thick or thin, yellow, brown or red, according to the amount of blood which it contains and to the nature of the infecting agent. As a rule it is found serous, brownish, and hemorrhagic in streptococcus infection; thick and greenish in pneumococcus infection. The purulent pouches when multiple may communicate or may not. In rare instances a gas due to gas-producing organisms is found in the abscess.

Symptoms.—The clinical aspect of thyroiditis and strumitis varies with the previous condition of the patient and with the virulence of the microorganisms. Clinically, the types of thyroiditis and strumitis following influenza, typhoid, cholera, inflammatory rheumatism, pneumonia, and erysipelas do not differ so very much one from another. They have about the same intensity, the same course, the same symptomatology. In tonsillitis and malaria they seem to have a milder course.

Pneumonic thyroiditis, as a rule, takes place during the defervescing period of pneumonia, evolves mildly, has very little tendency to suppuration: if it suppurates, the signs of purulent production are slow to appear. Acute thyroiditis develops rarely during the acute period of pneumonia. However, Vitello's case proves that this is possible, although in his case a mixed infection was present: the diplococcus was associated with other microorganisms.

Typhic thyroiditis, too, takes place during the convalescing period, is longer in its evolution, and does not frequently reach the suppurative stage. Out of 15 cases of thyroiditis, Liebermeister found abscess formations six times. Geza Galli reported lately a very remarkable case of strumitis developed twenty-one years after the patient had had typhoid fever. The incised abscess proved to be, bacteriologically, a pure culture of typhoid bacilli. The author does not say whether the patient was a typhoid carrier.

Puerperal thyroiditis occurs, as a rule, between the tenth and fourteenth day from the beginning of the infection.

As a rule in thyroiditis as well as in strumitis the debut of the disease is very sudden and is frequently accompanied by chills and high fever. The patient complains of pain in the region of the thyroid, with a sensation of constriction of the throat. A deep, continuous, and paroxysmic pain, although more or less diffusely distributed over the cervical region, is most marked on the side of the affected lobe; it is exaggerated by pressure and by movements of the head, especially by extension, which compresses the gland between the spinal column and the superficial cervical muscles; therefore in order to relax these muscles the patient holds his head flexed. The pain is also increased by the up-and-down movements of the larynx during the act of swallowing; shooting pains never fail to be present in the back of the ear, occipital region, shoulder, and occasionally in the lower jaw. These referred pains are an early symptom, and are complained of by the patient long before any swelling in the thyroid is noticed. The sensation of constriction in the throat is due to mechanical pressure on the esophagus and to peri-esophageal edema. The pain in swallowing may be so intense as to prevent the patient from taking any nourishment. In later stages, especially when infection is localized to both lobes, the windpipe is compressed and may be displaced. As peritracheal inflammation may extend to the mucous membrane of the windpipe and of the larynx, laryngotracheitis accompanied by coughing spells takes place, thus increasing the dyspneic symptoms, which may become very alarming, because in thyroiditis the patient has not had time, as in simple goiter, to get used to the diminished caliber of the windpipe.

One of the peculiarities of thyroiditis is its liability to cause marked

cardiovascular symptoms; tachycardia may be more or less accentuated, heart action being between 120 and 140. What strikes the attention at once is the disproportion between temperature and pulse-rate; the heart action remains rapid even if the temperature is not elevated. This tachycardia becomes more accentuated with a physical effort, but may appear without any cause, and is then liable to cause the most annoying cardiac palpitations. It is of thyrotoxic origin. Blood-pressure is lowered and, as in Parisot's case, may be so low as to cause symptoms of collapse, which may become very alarming.

These cardiovascular symptoms follow a parallel curve with the inflammation of the thyroid, reaching their maximum when the phlegmasia is at its highest and gradually diminishing with the retrocession of the inflammation. As a rule they disappear only when the inflammation of the gland has subsided for quite a long time before.

Besides these manifestations, symptoms of less importance may be found, as hoarseness due to involvement of the inferior laryngeal nerve; sympathetic symptoms are rare. The patient complains of roaring in the ears and vertigo; he is extremely agitated and may become delirious. Nausea and vomiting have been rarely reported and they have been erroneously attributed to pressure on the pneumogastric nerves. They are most likely of thyrotoxic origin.

Fifteen to twenty hours after the debut of the infection a diffuse swelling located between the sternocleidomastoid muscles makes its appearance. It is closely related to the larynx and goes up and down with it during deglutition. In a great many instances the swelling involves one lobe, and in some others it may be found extending over both lobes, one side being more swollen than the other. The isthmus and processus pyramidalis are seldom involved. If the gland was previously absolutely normal, the size of the swollen lobe will not exceed that of an egg. Of course, if there was previously a goiter, then the size of the swollen lobe will vary accordingly.

The tumor, especially in early development, is hard in consistency. The veins of the neck are dilated; the patient's face is congested and may become cyanotic; the region of the thyroid is swollen, hot, and tense; in some instances infiltration of the cervical region may become so marked that it is no longer possible to outline the limits of the thyroid; a diffuse, board-like wall covers the entire region of the neck. Palpation must be done very carefully, as it is exceedingly painful and may provoke suffocating spells.

Objective as well as subjective symptoms increase very rapidly for a few days until they reach their maximum; if, then, thyroiditis remains in the non-purulent stage, it subsides rapidly and disappears in a few days or in two or three weeks. According to Ewald the non-purulent

form is found in 25 per cent. of the cases of acute inflammation of the thyroid. In some instances, after a period of rapid amelioration, the disease retrocedes more slowly and may be protracted over a period of several weeks. The gland may recover its previous normal condition, or a few indurated areas, which in time will be converted into fibrous goiters, may be left as the only living witnesses of the past phlegmasia. Exceptionally, after a remission of a few days, if the infection has been confined to one lobe only, the opposite side may become involved and acute symptoms begin all over again.

But in many instances the infection instead of retroceding, progresses until an abscess is formed. The skin becomes more and more red and swollen until fluctuation becomes manifest. If the abscess is not incised, it may open spontaneously outside, leaving a fistula which may last quite a long time—seven years in P. Franck's case. In some instances the abscess may rupture into the trachea and the esophagus. Death is not necessarily the consequence of such an accident, as cases have been reported in which, after spontaneous rupture of the abscess into the trachea, recovery was uneventful. If the abscess fuses downward into the mediastinal space, it causes a diffuse, purulent mediastinitis which is most invariably fatal.

In some rare cases of thyroiditis called by Lebert *thyroiditis dissecans*, a portion of the thyroid gland is found spontaneously severed from the body of the gland, soaked in a fetid, reddish serosity similar to the one found in phlegmon. This glandular sequestrum swims loosely in the purulent cavity; it is often formed by colloid nodules, showing that instead of a thyroiditis we have in reality a strumitis.

Similar cases have been reported by Löwenhardt, Kern, Knuppel, Eulenberg and Middledorff, and considered as *acute massive gangrene* of the thyroid. The special cause of such powerful infections must certainly be looked for in the malignant virulence of microbes such as streptococcus and anaërobic bacilli of putrefaction.

Besides these acute forms of gangrene there are others, less obstreperous, less dangerous *quoad vitam*, but very much more unpleasant on account of their long duration. They are infections, occurring in old goiters with fibrous or calcareous nodules whose blood supply is precarious, and consequently are soon isolated from the gland and converted into *foreign bodies*. As soon as surgical or spontaneous drainage is established, suppuration does not stop until total elimination of the foreign body has occurred, and this may take months or years.

Diagnosis.—Inspection and palpation of the cervical region are so easy there should be no difficulty in making the correct diagnosis. If there is any doubt left, the up-and-down movements of the larynx will clear up the question; the latter symptom is always present except in

cases in which inflammation has become so far advanced that a diffuse infiltration extends all over the neck.

Congestion, especially in women, is not an uncommon feature at the time of their menstruation or pregnancy, but in such cases pain, fever, and all the other general symptoms found in acute thyroiditis will fail to be present. If a sensation of constriction in the throat, and even respiratory disturbances, are complained of, it will not be difficult to put them in relation with some nervous and hysterical condition of the patient unless a goiter large enough to satisfactorily explain these symptoms should be present.

It may become extremely difficult to differentiate a hemorrhage taking place in a goiter from a strumitis. Spontaneous hemorrhages are very rare in a normal thyroid, whereas they are often seen in goiter. Hemorrhage may take place in a nodule which is so small that the patient is unaware of its presence, and yet such swelling may cause an enlargement of the entire lobe, so that the pathological picture may be mistaken for thyroiditis. The history and development are of great value in differentiating inflammation from hemorrhage. If acute swelling of the thyroid has taken place in connection with some infectious process, the probability will be in favor of thyroiditis, but if the swelling has no relation whatsoever with an infectious process, and perchance has appeared after a physical effort or traumatism, it will be reasonable to admit that we have to deal with a hemorrhage. Local pain and fever, although possibly present in hemorrhage, are less marked than in acute infection, and when present complicate that much more the diagnosis, as in the following case of mine. A young woman, aged eighteen years, had a small goiter for which she was being treated by an osteopath. After severe manipulations of the neck she complained of pain and sensation of constriction in the cervical region. The right lobe, in which goiter was developed, had increased rapidly in size and was very painful to pressure. The temperature was 101° ; the skin of the neck was warm but not infiltrated. After three days everything subsided, but the goiter remained a little larger than before. In this case, after some hesitation, I made the diagnosis of hemorrhage in a colloid goiter following traumatism. As the patient did not consent to an operation at any time I never had the opportunity to confirm my diagnosis, although in all probability it was correct.

In conclusion we may say that in hemorrhage the symptoms reach their climax more rapidly and subside more quickly than in thyroiditis.

To mistake acute thyroiditis for tuberculosis or syphilis is hardly possible. Miliary tuberculosis of the thyroid is only an incident of a more important process, namely, generalized miliary tuberculosis; therefore it has no clinical interest, and is, as a rule, a postmortem find-

ing. Small localized tuberculous foci might be confused with thyroiditis, but their chronic character and the lack of general symptoms will afford the correct diagnosis. The same is true of syphilis.

Differential diagnosis between strumitis and malignant goiter, although, as a rule, without difficulty, is sometimes not easy. For instance, a rapidly growing sarcoma has been mistaken for an acute infection more than once, because in such instances the symptoms have been very much the same. The skin may be warm, red, infiltrated, painful to pressure, and even fever may be present. I saw in Charleston, W. Va., a man, aged forty-five years, a foreigner speaking not a word of English, French, German, or Italian, so that it was impossible for me to get any information so far as the history of his case was concerned. In the right lobe was found a large tumor with diffuse limits; very adherent to the neighboring tissues; scarcely sensitive to pressure and firm in consistency. Yet on deep pressure there was a sensation of elasticity. The skin was infiltrated and red; he had no temperature. Although the patient had become very emaciated, he looked to me as being profoundly toxic rather than cachectic, and despite the diagnosis of malignant tumor made by several other physicians, I concluded the patient was suffering from a slow-developing strumitis, and advised operation, which later confirmed the correctness of my views.

On account of the difficulty in swallowing, and because of the pain and sensation of constriction in the throat, non-purulent thyroiditis might be confused with tonsillitis, but an intrabuccal examination will settle the matter. An acute cervical adenitis might be mistaken for thyroiditis or strumitis, but their localization and anatomical relations with the other organs of the neck will soon throw some light upon the subject. In the diffuse cervical phlegmon the inflammation is more superficial; the infiltration is more diffuse and deglutition is less painful. In rare instances a mistake might be possible with laryngochochondritis.

It is not only of theoretical interest to decide if in a given case we have to deal with thyroiditis or strumitis, but it is also important from the prognostic point of view. Experience shows that thyroiditis is more apt to be non-purulent, whereas strumitis will terminate by suppuration. Consequently, not only the duration but the course of the disease and the dangers connected with it may be predicted to the patient or his family.

In order to decide if we have to deal with a thyroiditis or strumitis the history of the case will be of great assistance, as it will indicate whether the patient has previously had a goiter or not. If the patient lives in a country where goiter is endemic, not too much stress should be placed upon his answer if negative, as the chances are great that his thyroid might contain a few unobserved goiterous nodules. This is so

true that Kocher says he has never seen a case of genuine thyroiditis. All the acute cases which came under his observation were developed in an already degenerated thyroid.

The size of the swelling is of good differential diagnostic value. In thyroiditis the tumor rarely exceeds the size of an egg, whereas in strumitis the size will depend upon the volume of the goiter. In thyroiditis, infection involves from the start the entire lobe. Strumitis, even if developed in a small nodule, remains for a time localized to this nodule; only later the inflammatory processes extend to the entire lobe. If inflammation involves both lobes, the chances are that we have to deal with a thyroiditis, or if one lobe is affected and after subsiding the inflammatory symptoms appear on the other side the chances are that we have to deal with a thyroiditis.

Prognosis.—The prognosis of acute infection of the thyroid depends very much upon the virulence of the microbes and upon the condition of the patient at the time the infection takes place.

If suppuration does not take place, the inflammatory symptoms subside rapidly; sometimes even small abscesses regress spontaneously, but, as a rule, if suppuration sets in, the process will go on until spontaneous or surgical drainage has taken place. During this period the inflammatory process may endanger the life of the patient on account of the septicemic phenomena due to resorption of infectious materials taking place as long as the abscess under tension has not been opened. It may endanger life on account of pressure symptoms causing asphyxia, and on account of a possible perforation into the trachea, esophagus, pleura, and mediastinal space. The dangers of suffocation cannot be better illustrated than in the case of P. Franck. When he was a mere boy he was taken ill with strumitis. The dyspneic symptoms became so alarming that the life of the child was in danger. The best physician in the neighborhood, called in to see the young patient, declared pompously that "a nerve in the child's neck had been ruptured," and that death was imminent. The mother, who had more medical "horse-sense" than all the medical academy of that time, thought that the swelling in the neck had something to do with the choking of her child. She called in the barber of the corner and told him to make an incision with his razor in the swelling. The barber did so, and at once a stream of pus rolled out, the dyspneic symptoms ceased, and so was saved the life of P. Franck, who at the beginning of the nineteenth century became a surgeon of great repute. As a result of this incision a fistula remained for seven years before closing spontaneously.

So far as death is concerned, non-purulent thyroiditis is very much less dangerous than the purulent form. According to Robertson's statistics, 12 out of 96 cases died; 54 were non-purulent thyroiditis, with 2

deaths; 41 were purulent, with 9 deaths; 1 was gangrenous, with 1 death. It seems, however, that with our present knowledge of surgery that the death-rate ought to be reduced.

A serious and frequent sequelæ of thyroiditis is the development of ophthalmic goiter.

Treatment.—In non-suppurative thyroiditis the treatment will differ according to the infecting agent; for instance, rheumatic thyroiditis will be amenable to treatment with sodium salicylate; thyroiditis consecutive to malaria will be greatly benefited by quinine; thyroiditis due to influenza will also derive benefit from salicylate. For the other forms of thyroiditis we have no specific remedies; the treatment must be symptomatic. As a rule we might say that in every form of thyroiditis, except the malarial form, salicylate should be used because many of such acute cases seem to be in relation with some rheumatic condition. As non-suppurative thyroiditis subsides spontaneously no surgical interference will have to be considered unless the inflammation should have taken place in a diffusely enlarged parenchymatous or colloid gland causing dyspneic symptoms. In that case the surgeon may be called upon to perform a tracheotomy or, better, thyroidectomy.

When the abscess is formed, it must be opened and drained, and by the way, it is not always easy to tell whether the abscess is present or not. Fluctuation, which is really about the only reliable sign betraying the presence of pus, is not always detectable because the abscess may be deeply situated and surrounded by a hard, thick capsule of peristru-mitis, or because small abscesses may be diffusely spread throughout the gland, so that if one should wait for fluctuation to appear before interfering surgically, he might overlook the psychological moment for operation and thus allow his patient to run undue risks so far as complications and death are concerned. On the other hand, one might be so misled as to take a pseudofluctuation for a real one, and on the strength of such findings may be induced to operate, expecting to find an abscess. Great will be his surprise to find only a much-congested gland.

Very suggestive of abscess formation will be the fact that inflammation is no longer localized to the lobe itself, but has extended diffusely to the neighboring tissues. Very suggestive, too, of an abscess formation is the presence of a very hard lobe whose central portion seems to be soft. The blood count and temperature may be of help, as in non-suppurative thyroiditis temperature climbs gradually, and when it has reached its climax, gradually comes down in lysis, whereas in abscess formations the temperature remains high and takes a septic curve.

It would be a mistake to rely upon an *exploratory puncture* as a means of deciding whether the abscess has formed or not, because if the puncture is negative, it does not mean that pus is not present, but

means only that the needle did not strike the purulent pouch or that the pus is too thick to be aspirated. If symptoms are so alarming as to necessitate an immediate operation the exploratory puncture only means precious time lost. If they are not, there will be enough time left to make a correct diagnosis without endangering the life of the patient by an exploratory puncture, because this puncture is by no means a harmless one. It may determine a sudden hemorrhage into the goiter and, consequently, cause severe choking spells in a very short time. Hence the following rule: If at any time one wishes to make an exploratory puncture, everything should be in readiness for an immediate subsequent operation if it should become necessary.

In conclusion we may say that the diagnosis of abscess cannot always be made with certainty, and that it is better to operate a little too soon than too late. If the abscess is still very well encapsulated, and if the infiltration with the neighboring tissues is not such as to render the operation extremely difficult, the removal of the tumor *in toto* is the most feasible thing to do; but if for some reason or another the surgeon must be parsimonious with the thyroid tissue, as in a case of bilateral thyroiditis, incision of the purulent pouch and drainage is the logical procedure. It is nearly impossible to set down hard-and-fast rules, as indications will vary with each given case. Judgment and experience will be the surgeon's best guides.

Toxic Thyroiditis.—As we have a toxic hepatitis and a toxic nephritis, so we have also a toxic thyroiditis. It is caused by chemical poisons and bacterial toxins, whereas the bacterial thyroiditis is caused by the microorganism itself. Experimentally, it has been very well demonstrated that chemical poisons such as phosphorus, nitrate of silver, iodine, turpentine, and pilocarpine cause a toxic thyroiditis characterized histologically by hyperplasia, degeneration, and desquamation of the epithelium and sometimes by increase, but more often diminution or absence of colloid, and more or less marked hyperemia. As a rule leukocyte infiltration is less frequent than in bacterial thyroiditis. In nicotine and lead poisoning no alterations are present. Although mostly absent, swelling in such toxic conditions may be more or less marked; it is a well-known fact that acute iodism may be followed by acute swelling and inflammation of the parotids. The same may be true for the thyroid as in Lublinski's case, in which the thyroid became swollen and inflamed during treatment with K.I. Every symptom subsided after the medicament was discarded.

When once it was found that the thyroid was so susceptible to chemical poisons it was only logical to conclude that bacterial toxins might have the same effect upon that organ, hence the experiment undertaken by Roger and Garnier, Crispino, Torri, De Quervain and others. They

found that the introduction of bacterial toxins into the general as well as into the thyroid circulation had on the thyroid about the same influence as the chemical poisons, as hyperemia, proliferation, and desquamation of the epithelium, diminution or absence of colloid and its increase in the lymphatic vessels. According to De Quervain a pure culture of a virulent microorganism injected into the artery of the thyroid may pass through the thyroid without leaving any marks of its passage, but, on the other hand, may cause disparition of the colloid, desquamation of the epithelium, and the appearance of polynuclear leukocytes in the alveoli.

After these findings it became evident that a step further should be made and that the relations between thyroid and infectious diseases in man should be thoroughly investigated. Sokolow was the first who, in 1896, tried to work out these relations. He found that in acute diseases, fatty degeneration of the follicular epithelium with desquamation took place. Müller in the same year reported about the same findings. In 1900 Roger and Garnier reported the result of the examination of forty thyroid glands which had been taken from patients who had died from measles, scarlet fever, diphtheria, acute gastro-enteritis, typhoid, cerebrospinal meningitis, peritonitis, rabies, and smallpox, and in nearly every case they found marked histological changes in the thyroid. Even diffuse hemorrhages were present in three cases. In some instances the epithelium had proliferated to such an extent as to form papillary formations projecting into the alveolar lumen. The cellular protoplasm was found granular, nuclei were swollen and stained with difficulty. Hand in hand with proliferation a cellular desquamation was noticed. The colloid, thin in places, was absolutely absent in others. The interstitial connective tissue showed very little pathological changes except in thyroids of patients who had died from tuberculosis. In such instances the authors found a diffuse sclerosis of the thyroid, the alveoli being choked by the increased connective tissue. In their opinion this sclerotic process was the result of tuberculous toxins. They concluded that in infectious diseases, according to the gravity and duration of the infectious process, after a period of functional stimulation leading to hyperthyroidism symptoms, the thyroid, injured by persistent and deleterious irritations of toxic nature, may finally be put in a state of more or less complete functional inhibition; hence hypothyroidism. Torri shared the same views.

Kashiwamura, in 1901, relating the results of his investigations on 53 thyroids from patients dead from various infectious diseases, tried to disprove the findings of Roger, Garnier and Torri. He did not find the same typical changes described in the epithelium, colloid and connective tissue, and concluded that, owing to the fact that the physi-

ogonomy of the thyroid is already so variable in normal conditions, it would not be safe to draw conclusions derived solely from its histological appearance; in other words, it is difficult to decide what belongs to the normal histology and what belongs to pathology. De Quervain, Crispino, Sarbach, Serrafini, Vitry and Giraud, on the other hand, found that a manifest relation between the thyroid and infectious diseases exists, and according to their researches the pathological changes are mostly in proportion to the severity of the disease. De Quervain, investigating the condition of the thyroid in 45 cases, in which the cause of death was tuberculosis, cancer, cardiac, liver and kidney diseases, peritonitis, puerperal infection, diabetes, scarlet fever, smallpox, measles, diphtheria, typhoid, and pneumonia, found changes in the epithelium characterized by proliferation, desquamation, fatty degeneration of the desquamated cells, thinning, diminution or absence of colloid, increased vascularization in the gland *in toto*, and some pathological changes of the connective tissue with, in certain cases, leukocyte infiltration. In patients who died from cancerous cachexia, diabetes, nephritis, Addison's disease, and uremia no pathological changes of the thyroid were detected. Sarbach's conclusions, after investigating 67 cases, were as follows:

1. Acute infections may produce in the thyroid, histological alterations, characterized by increase in size and in number of the alveolar cells, their desquamation and degeneration, liquefaction and diminution of the colloid, and hyperemia. The connective tissue remains intact.

2. Alcoholism can determine similar alterations in the gland.

3. Chronic pulmonary tuberculosis produces a sclerosis of the thyroid with secondary atrophy of the alveoli.

4. Nephritis, uremia, cancerous cachexia, and sarcoma do not produce any alterations of the thyroid.

Sefer and Esmonet, treating the epithelium of the thyroid with osmic methods, found that normally the epithelium is exempt from fatty degeneration, whereas in infections and cachectic conditions, as in cancer, leukemia, and tuberculosis, the epithelial elements have undergone a marked fatty degeneration. Finally, Gregor, in 26 thyroids of children who had died of scarlet fever, found, too, the same pathological changes reported by all authors.

Consequently, from all this wide and carefully conducted research work we can safely conclude that the thyroid does not remain indifferent in the presence of the important pathological phenomena taking place in the organism. It reacts more or less constantly to every infectious process by some degree of hyperplasia which is often clinically detectable. It is then known as *Vincent's thyroideal symptom*.

The question arises whether, in a given case, we have to deal with a bacterial thyroiditis or a toxic one, and I must say that the differentiation between the two is certainly not easy. We might say that in toxic thyroiditis, as the entire gland is flooded with toxins, the damages will be diffuse and spread all over the gland. Furthermore, as the toxins are diluted in the blood, their damaging power being diminished, pathological changes, except in severe intoxication, will be more or less mild. Consequently, the immediate clinical symptoms will be much less marked than in bacterial thyroiditis, and swelling of the thyroid may not be present at all, although a slight enlargement may easily escape unnoticed. In that respect the researches of Garnier are extremely interesting. Taking systematically the measurements of the neck in 20 cases of scarlet fever he found that in 11 cases the circumference of the neck was increased from 1 to 2 cms., yet no clinical symptoms were present. Very likely if more attention should be given to this phase of the question we should find that Vincent's thyroideal symptom in infectious diseases is present more often than we think.

If toxic thyroiditis has a less noisy symptomatology and pathology than bacterial thyroiditis, it does not follow that it is a harmless occurrence, as this form of thyroiditis seems preferably to injure the physiological function rather than the anatomical elements of the thyroid. Frequently there is found an acute Graves' disease grafted upon a seemingly innocuous infection, as tonsillitis, etc. Even myxedema has been the consequence of such toxic conditions.

Tuberculosis of the Thyroid.—It is classical to say that tuberculosis of the thyroid is rare. Rokitansky, in 1861, denied its existence; but a few years later Lebert discovered the first case, and lately Arnd, in looking over the literature, found 44 cases which seemed to be undoubtedly of tuberculous origin. Of course tuberculous foci occurring in miliary tuberculosis have not been included in the list, as they are without interest; they have no entity *per se*, but are only the consequence of a generalized process extended to the entire organism.

Follicular tuberculosis of the thyroid, secondary to a primary focus localized in another organ, is more frequent and better known. Lebert, in 1862, was the first to call attention to it, and since then other pathologists have studied it. Chiara thinks that it is common in the acute form of tuberculosis, 3 out of 4 cases (what a small number to draw conclusions from), but rare in the chronic form, 4 out of 96 cases. Fraenkel and some other authors have confirmed these results, which were, however, only postmortem findings.

The *caseous* form of tuberculosis of the thyroid is rare. The first case was published by Bruns in 1893. It was that of a woman, aged forty-one years, with a large goiter growing rapidly in size. The tumor

was hard, painful to pressure, had diffuse limits, and caused shooting pains and dyspnea. Bruns considered the case a malignant one, but was very much surprised at the operation to find only a caseous tuberculous goiter. A few other cases have been reported since, and in conclusion it may be said that caseous tuberculosis in goiter forms a tumor, more or less hard in consistency, painful to pressure, with diffuse limits and a tendency to infiltrate neighboring tissues. Diagnosis is very seldom made before the operation.

Localized areas of tuberculosis may be found, too, in a simple goiter; no clinical or pathological symptoms betray their presence, and they are revealed only by a careful microscopic examination. Rupaner was the first to describe such a condition, and reported 3 cases of colloid goiter in which he was able to detect such tuberculous lesions. Von Werdt, in going over 444 cases of simple goiter, found similar conditions three times. Out of 29 exophthalmic goiters he found 1 with tuberculous areas.

Arnd found 3 cases, Hedinger 10, out of 608 goiters. The tuberculous lesions are found in the nodular goiter itself or in the normal parenchyma between the nodules. Hedinger thinks that tuberculous lesions in conjunction with goiters are more frequent than is thought, because these lesions, being so little apparent, easily escape attention unless looked for in seriated slides; they are really microscopic findings.

Besides these massive as well as tiny tuberculous lesions a more or less marked *sclerotic* condition may be encountered in the thyroid, due to a chronic toxic irritation from the tuberculous toxins. In certain instances sclerosis may become so developed that a condition of canceriform appearance known as *woody thyroiditis* follows; the tumor is hard like wood, has diffuse limits, is in the great majority of cases painful to pressure, and rapidly causes marked dyspneic symptoms. Its true origin, as a rule, is not recognized and the diagnosis of malignant tumor is nearly always made.

Some authors seem to think there is an indisputable relation between goiter, Basedow's disease, and tuberculosis. The impression gained from the small amount of experimental work along this line is that the thyroid is peculiarly resistant to tuberculous infections. Pinoy, injecting guinea-pigs with tuberculous bacilli, found only once the thyroid gland infected with tuberculosis; therefore he concluded that the thyroid, as well as the pancreas and other glands, shows a special resistance to tuberculous bacilli. Torrin and Tomellini, on the other hand, injecting directly into the thyroid artery an emulsion of tubercular bacilli, found in each case the corresponding lobe infiltrated with tuberculosis. Shimodaira repeated the same experiment, but in one series injected heavy doses of tubercle bacilli and in the other series small doses. He found

that in the first series of experiments the gland was infected with tubercle bacilli while in the other it was not. Therefore he concluded that unless overpowered by number the thyroid gland shows a special resistance to tubercle bacilli.

Many seem to believe that the thyroid has an immunizing influence against tuberculosis, not only for the gland itself but also for the entire organism. Morin, working in a sanitarium for tuberculosis in Leysin, after examining several hundred tuberculous patients, came to the conclusion that the disease undergoes a more acute and malignant course in cases in which the thyroid is atrophied; whereas in cases in which a thyroid hypertrophy or even a goiter exists the course of the disease is milder. I do not know how far these conclusions are justified, but it is, nevertheless, a fact that myxedematous patients are easily the prey of tuberculosis, as shown by McKenzie, who out of 71 cases of myxedema found that 20 were tuberculous. This, however, could be explained by the retarded metabolism and the diminished resistance of the patients.

Costa goes so far as to pretend there is an etiological relation between goiter and tuberculosis. Goiter, in his judgment, is due to the reaction of the gland against tuberculous toxins. If he meant that the thyroid may react to tuberculous toxins by toxic thyroiditis, all well and good; otherwise he must have been the victim of coincidences, because we see too many cases of goiter in which no tuberculous lesions are found, and *vice versa*.

Let us remember that Hedinger found 10 microscopic tuberculosis cases out of 608 cases. Goiter and tuberculosis are among the most common diseases, and if there were any etiological relation between the two, it seems that this fact could be easily demonstrated, as thousands of cases are seen each year. In the many hundreds of cases of goiter which I have seen, pathologically as well as clinically, tuberculosis associated with goiter was only an accidental occurrence.

On the other hand, the relation of cause to effect between Basedow's disease and tuberculosis cannot be denied. It is not uncommon to find a Graves' disease grafted upon a case of early tuberculosis; even marked exophthalmic symptoms may develop in the course of advanced tuberculosis. From the cases I have seen, however, I could not say that tuberculosis was of more frequent occurrence in the history of my Basedow's patients than any other acute illnesses, as typhoid, pneumonia, tonsillitis, etc. I shall take up again these relations between acute infectious diseases and Graves' disease in the chapter on the Etiology of Exophthalmic Goiter.

Syphilis of the Thyroid.—It is only recently that attention has been turned to syphilis of the thyroid. Only very few cases worth any cre-

dence have been reported. Demme, according to Wölfler, found a syphilitic gumma in the thyroid of a newborn. In 1889 Garnier described syphilitic alterations in the thyroids of five newborn, characterized by interstitial sclerosis and alveolar atrophy. Lancereaux found about the same alterations. Recently, Poncet, Leriche, Berard, Favre and Savy have made important contributions to this subject.

Histologically, lesions of the thyroid may involve the interstitial as well as the parenchymatous elements. The interstitial connective tissue has a marked tendency to abnormal proliferation, spreads throughout the gland, and terminates by a sclerosis of the organ. In the early stage, epithelioid nodules and giant cells are frequently seen in it. Diffuse leukocyte infiltration is the rule.

Woody Thyroiditis.—It was Riedel who, in 1896, first described a form of thyroiditis which he called “eisenharte strumitis,” or “iron-hard strumitis.” Riedel’s patient was a man, aged forty-two years, who had a tumor, developed in the thyroid, extremely immobile and causing alarming dyspneic symptoms. He diagnosed it as a cancer of the thyroid and attempted the removal of the tumor, but at the operation the difficulties were so great, the adhesions with the neighboring tissues so intense, that a radical operation had to be given up. He, however, removed a piece of the tumor the size of a walnut and to his great surprise after a few months the patient was entirely cured. Microscopically, no malignant elements were found; the whole thing was simply the picture of a chronic inflammation. On account of the extremely hard consistency of the tumor, Riedel called it “eisenharte strumitis.” In the same year Cordua, of Hamburg, reported a similar case. In 1898 Jeannel, of Toulouse, reported a case in which he made a diagnosis of cancer of the thyroid; later, it proved to be a case of “eisenharte strumitis.” In 1901 Ricard reported a similar case in which the diagnosis of cancer of the thyroid had been made and which proved to be a case of “woody thyroiditis.” Silatschek, of Innsbruck, and Spannaus, of Breslau, reported lately similar cases.

This form of thyroiditis, called by Riedel “eisenharte strumitis,” or “iron-hard strumitis,” and by Delore and Alamartine “La thyroidite ligneuse,” “woody thyroiditis,” has always been mistaken for a malignant tumor, and yet between these two forms of disease the clinical differences are such that a differential diagnosis can often be made. First of all, the woody thyroiditis is found in younger people, that is, those between thirty and forty years of age. Men are more often afflicted with it than women. The disease evolves extremely rapidly, in a few weeks or months. The region of the thyroid is painful and shooting pains are intense. One of the earliest symptoms is dyspnea, which may become so rapidly alarming that death seems imminent, and

in many instances tracheotomy is the only salvation. The dyspneic symptoms are due to the fact that the trachea is compressed between the lobes of the inflamed thyroid. The trachea is not displaced unless there has been a goiter previously. Pressure symptoms on the inferior laryngeal nerve show up early. The inflammation extends over the entire gland and seems to occur more frequently in normal thyroids than in goiter. Like a drop of oil, it spreads and infiltrates all the organs found between the superficial and prevertebral fascia, thus forming a gangue in which everything has become solidified: thyroid, trachea, esophagus, neurovascular cords, sternocleidomastoid muscles and muscles of the subhyoid triangle all form only one mass. Vainly, one would try to find in it a plane of cleavage. The tumor is absolutely hard like iron or wood, hence, its name. Its surface is smooth, being irregular only when a goiter existed previously. The larynx, immobilized by the diffuse infiltration, does not go up or down with deglutition; cervical lymphatic glands are very seldom involved. The common carotid is lost in the midst of the infiltration, whereas in a cancer of the thyroid, especially if there has been a previous goiter, it is displaced backward.

All these symptoms taken together give to the disease a physiognomy which differs from the one of malignant tumors. The extreme hardness, its regularity of surface, its marked diffuseness of limits, the involvement of the gland *in toto* will remind one more of woody thyroiditis than of a cancer of the thyroid, especially if the disease is found in a young individual, and if it has evolved rapidly and caused early dyspneic symptoms, entirely out of proportion to the size of the tumor.

Pathologically, the gland is transformed into a fibrous, whitish, extremely hard mass. If a goiter has existed previously, it is embedded in the fibrous mass. The cut surface is dry and no juice can be expressed, as can be done in cancer. Histologically, the parenchyma is choked by a sclerotic connective tissue of interstitial and capsular origin; alveoli in places have disappeared; there is no abscess nor any tendency to suppuration. In the remaining alveoli, desquamation and either thinning or absence of the colloid is present.

In such cases the idea of scirrhus must be soon discarded, as spontaneous healing has been observed, and a complete cure without relapse followed partial extirpation. Fibromata of the thyroid have not the same anatomical and clinical aspect either; they are encapsulated without tendency to infiltration.

As a rule the disease affects individuals who have been in excellent health previously, with no typhoid, pneumonia, or other infectious disease as a preliminary stage. In some instances, it is true, tuberculosis and syphilis have been found as a concomitant complication, so that they might be considered as an etiological factor; but the fact remains that

cases of woody thyroiditis, where apparent concomitant infection could be discovered, do exist.

This fibrous, sclerotic process is not peculiar to the thyroid only, but had also been found by Riedel in the pancreas and by Mickulicz and Küttner in the submaxillary and lacrymal glands. The same sclerotic process is known, too, in the digestive apparatus, especially in the stomach and gall-bladder. I remember finding in a postmortem a stomach which had seemingly undergone the same kind of sclerotic degeneration as the one described above in the thyroid, and which is known as the "leather-bottle" stomach. The stomach was transformed into a canal about 40 cms. in length, 10 to 12 cms. in width in the cardiac region, and 6 to 8 cms. in the pyloric region. This canal was extremely hard, its walls were thick, and all the epigastric region was diffusely involved by the same sclerotic condition—no metastases of any kind; no ulcerations of the mucous membrane of the stomach. Macroscopically, I made the diagnosis of "linitis plastica," which was considered at the time as a peculiar form of malignancy, but histologically it proved to be a chronic inflammation.

Bacteriologically, nothing has been found to enlighten us on this subject. Mycosis, and especially actinomycosis, might be incriminated in some cases.

In view of the extreme diffuseness of the lesions, surgical treatment which intends to be radical is extremely dangerous, as extirpation cannot be complete without sacrificing important organs as the common carotids, vagus nerve, and the jugular veins. On the other hand, infiltration of the walls of these vessels makes the attempt dangerous as they are very friable; ligatures cut through as if in butter. If the dyspneic symptoms become so alarming as to endanger the life of the patient, the best treatment is a cuneiform resection of the isthmus in order to liberate the trachea from its compressing ring. If an operation is decided upon, then, according to Delore and Alamartine, an excision of a small portion of the tumor seems to be sufficient to assure complete recovery. Iodide of potash is an excellent adjuvant, and x -ray treatment seems to be, according to Silatschek and Barjon, specific for this disease. If syphilis is suspected, an intense antisiphilitic treatment should be started at once.

Parasitic Thyroiditis.—In 1907 Chagas, working in the Institute of Manghuinos in Rio de Janeiro, discovered a new parasite which he called "*Schizotrypanum cruzi*" in honor of his chief, Oswald Cruz. According to Chagas this living organism causes a parasitic thyroiditis, accompanied by the most severe symptoms, and is very often fatal. The geographical distribution of this disease is not entirely worked out. It is found in Brazil, especially in the State of Minas Geraes. It

is transmitted to human beings and to domestic animals by the bite of a hematophagus insect, the "*Conorrhinus megistus*." This hemipterus lives in the cracks of windows and walls of old huts; it is not found in new houses, consequently the disease is mostly found among the poorer class of people.

The insect bites during sleep. Its bite is absolutely painless and does not cause any inflammatory reaction. It is not uncommon to see a dozen or more of these insects biting at the same time a sleeping infant without waking it. The parasite is found in the blood under different forms, according to the stage of its evolution. It can be cultivated on blood agar. The period of incubation after its bite is about ten days. According to Brumpt, other insects can also act as hosts, especially the bed-bug (*Cimex lectularius*), the excreta of which are highly infectious.

Parasitic thyroiditis may be acute or chronic. The acute form is found mostly in children under one year of age. The thyroid is swollen, skin is infiltrated not only in the neck but over the face, and a crepitus on pressure is present. Fever is persistent, high, 103° , with only slight morning remissions. Cervical glands, spleen, and liver are enlarged. The disease lasts about fifteen to thirty days, and terminates, as a rule, in death. Only exceptionally does it take a chronic course in very young children.

The chronic form is found in older and more resistant children and in adults. If the disease does not terminate fatally, it lapses into a chronic form characterized by goiter, often of very large size, and symptoms due to partial or total loss of the thyroid function dominate the scene. According to the degree of thyroid disturbance the symptoms may be slight, moderate, or very pronounced. It is possible, therefore, to meet with cases which are practically indistinguishable from the usual type of goiterous individuals seen in endemic localities in Europe. It is impossible to distinguish such cases from the true endemic goiter by blood examination, since the trypanosoma, which is said to cause the goiter, disappears from the blood after the acute symptoms have subsided; the true infectious origin of this goiter can be ascertained by inoculation methods.

Chagas described five different forms which the disease may take:

1. The pseudomyxedematous form: the thyroid is enlarged, the enlargement being confined, as a rule, to one lobe only; the skin shows a muroid infiltration and has a bronze color, similar to the color characteristic of Addison's disease; irregular and intermittent fever is present.

2. The myxedematous form: symptoms of hypothyroidism are extremely marked.

3. The cardiac form: found mostly in adults and characterized by myocarditis, arrhythmia, and bradycardia.

4. The nervous form: caused by the localization of parasites in the central nervous system; spasmodic motory disturbances are frequently seen in that form.

5. The subacute form: characterized by periods of exacerbation alternating with periods of remission; the prognosis of this form is severe.

Postmortem shows enlargement of the thyroid and of the cervical glands; cardiac hypertrophy with a pericardiac, pleuritic, peritonitic, serous exudate is frequent. Liver, spleen, and suprarenal bodies are enlarged. Histologically, what dominates in both forms, acute and chronic, is sclerosis due to an exaggerated development of connective tissue. The alveoli are choked and atrophied. In the acute forms, proliferation and desquamation of the epithelium, thinning or absence of the colloid, hyperemia, leukocyte infiltration, in short, the same lesions found in all the other forms of acute thyroiditis are present. In *chronic cases* the connective tissue is very abundant and cystic formations of more or less large size are found in great numbers. The same inflammatory reactions and cystic formations can be found in the myocardium, muscles, nerves, testicles, ovaries, cortex cerebri, etc.

In the acute form, as the parasites are numerous, a simple drop of blood taken from the finger or lobule of the ear will show the parasite when colored by the Giemsa method. In the chronic forms 5 to 10 c.c. of blood injected into the vein of a dog, monkey, or cat will kill the animal after a certain period of time: the schizogonic form of the parasite will then be found in the lungs.

Most significant analogies between what Chagas calls the endemic Brazilian goiter in its chronic form and our own endemic goiter cannot be denied. In both cases there exists the chronic enlargement of the thyroid gland with its accompanying conditions of cretinism and myxedema. Beyond doubt the Brazilian infection is much more severe and the mode of infection and infectious agent totally different, but these conditions do not change the fact that a chronic goiter is developed from an infectious basis. This is, in my judgment, a very strong argument in favor of the infection theory of our endemic goiter.

Hydatid Cyst of the Thyroid.—*Hydatid cysts* of the thyroid are extremely rare. L. A. Landiver went over the literature and found 29 cases, to which he adds 2 of his own. The hexacantic infection takes place through the hematogenous route. Direct inoculation occurs only in a very extraordinary condition, as in Minert's case—there the cervical wound was licked by a dog.

The pathological characters of the hydatid cyst do not differ from those of a simple cyst. The parenchyma undergoes sclerosis on account of compression. If the hydatid cyst becomes infected, we have then the

symptoms of a cystic strumitis. Clinically, the diagnosis of hydatid cyst is seldom made, as the only symptom pathognomonic of its presence, namely, the "hydatid fremitus," has never been perceived.

Treatment, of course, must be surgical.

CONGESTIONS OF THE THYROID.

Possibly more than any other organ the thyroid is exposed to congestions of various origin, physiological or pathological. These congestions have a great clinical importance.

Physiological congestions are observed most frequently in women and especially during their genital life. Premenstrual congestion of the thyroid is among the most frequent premonitory symptoms of the first menstruation. Mothers often worry over this "physiological goiter." Not all have the wisdom of the one mentioned by Goethe, who said to her daughter: "Do not worry, my child, Venus has touched thee with her enchanted hand."

Of course, in such conditions congestion is accompanied with true glandular hypertrophy. When once the menstruation is well established, congestion of the thyroid may subside more or less entirely. In many cases, however, it reappears each month with the menstrual period, and in *dysmenorrhic* patients it may, indeed, be very marked, as if the thyroid were trying to exert a vicarious function.

That congestion in the thyroid takes place during the first sexual relations is a fact known since antiquity. It was a popular custom among the old Roman matrons to measure the circumference of the neck before and after marriage, and, as Berard says, "More than one Roman husband measured the virginity of his wife by the length of the thread rolled around her neck."

Later on, during pregnancies and especially during delivery, the thyroid is again the site of congestion. This increase in volume is partly due, of course, to hypertrophy of the glandular elements, but active and passive congestions play a very important part in it also. After delivery, hypertrophy and congestion retrocede gradually, but, as a rule, the volume of the thyroid never goes back to its normal size.

At the menopause there is again occasion for congestions of the thyroid; they are the last "flaring up" of the genital process, which is going to be set at rest forever. Too often, however, these congestions of the menopause are of bad augur, as they are the premonitory symptoms of a malignant goiter.

In young boys these same transitory congestions are seen at the time of puberty.

Congestion following *physical effort* is a well-known fact, and is of frequent occurrence. Already Lalouette and Maignien were aware of that fact. They demonstrated experimentally that in dogs, after a prolonged and fatiguing run, the thyroid became a third larger. This increase in size was due to venous congestion. These congestions due to physical effort are seen in all walks of life—singers, officers, workmen lifting heavy weights are especially liable.

Congestions in congenital goiter will be taken up in the chapter reserved for that subject.

Pathological Anatomy.—Very little was known of the congestive lesions in man until De Quervain, Berard, Ball and others approached this question experimentally. What strikes the attention at first is a marked dilatation of the vessels of the capsule, which are abnormally distended and filled with black blood. On the cut surface the alveoli and capsular vessels are dilated and bulge out. Microscopically, beside the intense vascularization and the interstitial hemorrhages, what impresses one is the fact that the alveoli contain no colloid or very little, whereas the intra- and perilobular lymphatics contain a great quantity of it. At the same time a more or less intense desquamation of the epithelium is present.

Symptoms.—As a rule the only symptom seen in congestion of the thyroid is a swelling of the thyroid. Palpation shows an enlarged gland, soft or firm, and slightly painful to pressure. It is only when a goiter of quite large size is present that the congestions of the thyroid are liable to cause dyspneic symptoms.

The prognosis of such conditions is extremely benign. After a few days or weeks the congestive symptoms retrocede and the gland is restored to normal condition. In the newborn the prognosis is not always so simple, as we shall see in the chapter on Congenital Goiter.

Treatment.—In the great majority of cases expectation is the only reasonable treatment. If during pregnancy the dyspneic symptoms become so marked as to endanger the life of the patient, thyroidectomy, Cesarean section, or an abortion may be given serious consideration. The nature of the intervention, of course, will depend upon the case.

TRAUMATIC LESIONS OF THE THYROID.

On account of its natural vertical as well as lateral mobility, and on account of the protection afforded to it by the muscles of the cervical region, the thyroid gland is seldom involved in traumatisms of the cervical region; however, injuries of that gland may occur and may be of such importance as to endanger the life of the patient and to call for immediate surgical help.

Contusions.—When a goiter more or less large in size is present, the traumatism does not need to be a great one in order to determine intraparenchymatous or intracystic hemorrhages. When this occurs, the increase in volume is sudden and may cause marked dyspnea. But when the thyroid is normal, the traumatism must be a severe one to determine lesions in the thyroid. This occurs mostly in strangulation, hanging, and other severe accidents bearing directly upon the thyroid. The consequences of such injuries to the gland are multiple; the most important are the intra- and periglandular ecchymosis and hemorrhages.

The concomitant disturbances in respiration, phonation, and deglutition are nearly always due to fractures of the laryngotracheal cartilages. Thyroiditis may be the consequence of such contusions; even development of myxedema has been reported by Guerlain-Dudon as the result of a direct traumatism of the thyroid by the wheel of a wagon. Most likely in that case the gland underwent connective-tissue degeneration.

Wounds.—At the time when thyroid surgery was not so far advanced, *modifying* as well as *aspirating* punctures were in great vogue. Sometimes they gave rise to very troublesome accidents. Aspirating punctures of an abscess or cyst often determined hemorrhages *a vacuo*; injections of modifying substances, as tincture of iodine for instance, were always most dangerous, and quite a number of sudden deaths have been reported after the use of such punctures. Today these therapeutic measures have been almost entirely discarded.

Wounds caused by *sharp instruments* are more serious. They occur, as a rule, in attempts to commit suicide, and are mostly situated in the upper portion of the lobe near the vascular pedicle, thus causing profuse hemorrhage. Such wounds, of course, are accompanied by injuries of the superficial veins, of the vessels of the capsule, and in some instances of the vascular cord; even the laryngotracheal canal may have been opened. In all these traumatisms the hemorrhage is profuse, and death occurs if surgical help is not brought in time.

Before the antiseptic period, wounds inflicted with *fire-arms*, because of hemorrhage and suppuration, were more dangerous than they are today. This, however, was not always the case. At the battle of Cerisoles, commanded by the Duke d'Enghien, under François I, the young Swiss, Philip von Hohendax, who despite his youth had quite a large goiter, was struck in the neck with a large pick. The goiter, fortunately, was a large cyst, so that the accident proved a lucky one, as it cured the patient of his goiter. Wounds by our modern rifles with their small, thin bullets have proved more than once to be benign unless such injuries are accompanied by severe injury of other organs. On account of its speed and small size the bullet goes easily through the

thyroid, making only a very small hole, and unless a vessel of importance is struck at the same time the hemorrhage is not of great consequence, and is stopped automatically by the glandular débris formed by the passage of the bullet. Infections of such wounds are very uncommon. During the late war between Japan and Russia many of such cases were observed, but frequently no ill effects followed.

Treatment.—If surgical interference is thought necessary, the first indication is to widen the wound by a large incision, in order to be able to get a better view of the deep tissues.

The second, to put hemostats on all the bleeding vessels and ligate them.

The third, to clean out thoroughly the surgical field if it is necessary.

The fourth, to sew up the injured gland either by continuous or interrupted sutures.

The fifth, only in very rare instances, when a lobe has been smashed into pieces, the resection of that lobe is to be given serious consideration.

The sixth, to leave a small drain for twenty-four to forty-eight hours or longer if necessary.

The seventh, to sew up the skin.

CHAPTER VI.

ANATOMICO-PATHOLOGICAL RELATIONS OF GOITER TO THE SURROUNDING STRUCTURES.

STRUCTURES with which a goiter may come in contact are:

1. Sternocleidomastoid, sternohyoid, sternothyroid, and omohyoid muscles with their cervical fasciæ.

2. Larynx and trachea.

3. Pharynx and esophagus.

4. Bloodvessels, common carotid, superior and inferior thyroid arteries, internal jugular vein; in intrathoracic goiter both innomimates, the arch of the aorta and basis of the heart may come in contact with the tumor.

5. Nerves: vagus with its superior and inferior laryngeal branches; sympathetic.

6. Sternum, clavicles and superior opening of the thorax.

7. While extending upward a goiter may come in contact with the hyoid bone, the digastric, hyoglossus and mylohyoid muscles, the submaxillary gland, and the hypoglossus nerve.

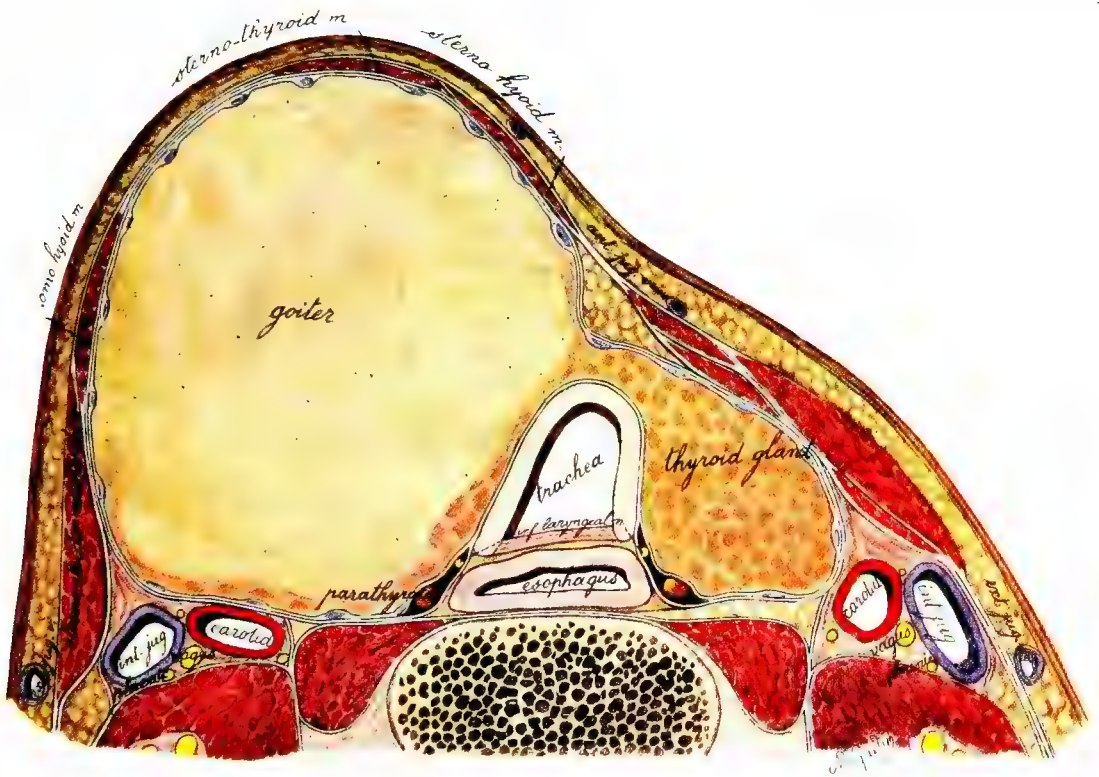
8. While developing laterally, a goiter may fill the posterior triangle of the neck, compress the spinal accessory nerve and go as far as the anterior border of the trapezius muscle.

9. Owing to the fact that the thyroid gland lies on a hard surface, formed by the transverse processes of the cervical vertebræ, covered by the deep muscles of the neck, a growing goiter most naturally develops forward, laterally, and downward; its upward extension is less frequent, and is found mostly in certain large parenchymatous goiters, and in those developed in the upper poles or in the pyramidal process.

10. The relations of a goiter to the surrounding structures will differ notably if we have to deal with a *diffuse parenchymatous* goiter or a *nodular* one.

11. A *diffuse parenchymatous goiter*, unless of unusual dimensions, occupies the position of the normal gland, and consequently has no material influence on the surrounding structures. On the whole, it retains the shape of the normal gland. Only in very voluminous goiters do we see the upper poles extend upward as far sometimes as the angle of the jaw and then come in contact with the thyroid cartilage, the hyoid bone, the mylohyoid and digastric muscles, and the hypoglossus

PLATE VI



Cross-section of the Neck Showing the Relation of a Goiter to the Surrounding Structures.

nerves. In its downward growth the goiter grows alongside and in front of the trachea and esophagus, in front of the carotid sheath and of the vagus and sympathetic nerves. Anteriorly, the two hyperplastic lobes and isthmus cover a more or less great portion of the trachea, of the cricoid and thyroid cartilages. The processus pyramidalis participates, as a rule, only in a moderate degree in the hyperplasia. Laterally and in front the goiter is covered by the muscles of the cervical region.

If hyperplasia is more or less evenly distributed over the whole of the thyroid, there is practically no displacement of the trachea and esophagus; displacement of the latter organs takes place only when one lobe of the gland is larger than the other one. However, displacement or compression of the windpipe is seldom severe with diffuse parenchymatous goiters. In that type of goiter we do not find the intense dyspnea and the same intensity of choking spells that we encounter in nodular goiter. If, however, the hyperplastic goiter grows around the trachea and esophagus so as to form a "circular goiter," then dyspnea and dysphagia may be quite marked.

Because diffuse parenchymatous goiter, especially when it has reached large dimensions, compresses the large vascular trunks on both sides, and because, too, such goiters more than any others, except the thyrotoxic, are subjected to congestions, impairment of the venous circulation of the neck is not uncommonly seen. It does not, however, reach the same degree of intensity as in intrathoracic goiters.

Nerves are very rarely injured by the diffuse parenchymatous goiter; the inferior laryngeal nerve, however, may show some symptoms of compression.

Not infrequently does the diffuse parenchymatous goiter extend downward behind the sternum. When it does, it is only in a moderate degree, and especially in cases where the thyroid is situated abnormally low (thyroptosis of Kocher).

Entirely different are the relations of the *nodular goiter* to the surrounding structures. Of course here, again, such relations are determined by the size of the goiter. (Plate VI.)

Relation of Goiter to Skin and Muscles (Plate VI).—In certain forms of goiter, especially in *pendulous goiter*, the skin may become so distended and elongated as to form a real pedicle.

At first, during the slow but progressive growth of the goiter, the cervical muscles covering the goiter undergo a certain amount of hypertrophy, thus forming a powerful muscular belt whose spasmodic contraction during choking spells can but increase their intensity. This is proved by the fact that the transverse section of this muscular belt relieves dyspnea very materially. Later, however, when the nodular

goiter has reached voluminous dimensions on account of prolonged pressure and displacement the muscles finally undergo atrophy and degeneration; the muscular fibers become thin, pale, friable, dissociated, sometimes hardly recognizable. The sternocleidomastoid muscles, too, participate in this atrophy, although in a lesser degree.

Relation of Goiter to the Larynx and Trachea (Plate VI).—Already in 1817 Aeppli, then Soemmering in 1820, and others called attention to the various forms of deformation of the trachea most frequently seen in connection with goiter. In 1861 Demme gave a magistral description of the pathological trachea in goiter and insisted especially on the “sabre-sheathed” trachea (Fig. 27). These deformations were thought to be of purely mechanical order. In 1878, however, Rose, although admitting that the etiology of tracheal deformations was partly mechanical, insisted that a great number of sudden deaths seen in such conditions was due to the sudden collapse of the walls of the windpipe on account of their *degeneration* and *atrophy*. The microscope showed that not only congestive lesions of the mucous membrane were present, but that also a marked fatty degeneration of the cartilaginous rings of the trachea and of the elastic and muscular fibers of the posterior membrane had occurred. Demme, Eppinger, Berard and others have more or less confirmed these findings. Indeed, it seems logical to admit that an organ which is constantly undergoing pressure is bound to undergo atrophy and degeneration in the course of time. At any rate, one who has seen goiters knows that the “ribbon-shaped” trachea is not rare, and that mechanical and secondary alterations intervene to form such a trachea.

Tracheal deformations in nodular goiters are found in about 50 per cent. of the cases. This has been confirmed by O. Wild with tracheoscopy, and Pfeiffer with radiography.

The effects of pressure on the windpipe are manifold:

1. If the nodular goiter develops in one lobe, the other one being more or less normal, the trachea assumes a curved direction with the convexity toward the sound side (Fig. 26). At the same time the trachea and larynx rotate around their long anterior axis because the latter one is held more or less firmly by the thyroid suspensory ligament and the hyoid bone, whereas the posterior border is free from such attachment; it rotates along the anterior border and in the opposite direction of pressure.

2. If a nodular goiter is developed in each lobe, and if these two goiters are more or less of the same level, the trachea may be so compressed on each of its sides that the walls of the trachea may come in contact one with the other and form what we call the *sabre-sheathed* trachea (Fig. 27). This form of deformation of the trachea, although possibly

less frequent than the former, is infinitely more dangerous, and is the one which may prove fatal. This is easily explained. Although as the result of pressure the walls of the trachea may have undergone considerable atrophy, as long as the trachea remains in intimate connection with the goiter, the latter playing the role of a splint, there is no chance for the tracheal walls to be sucked in during inspiration. But let us remove the goiter, then atrophied, degenerated, and having lost their normal resistance and elasticity, the walls of the trachea are unable to withstand successfully the changes of air-pressure in the bronchial tube;

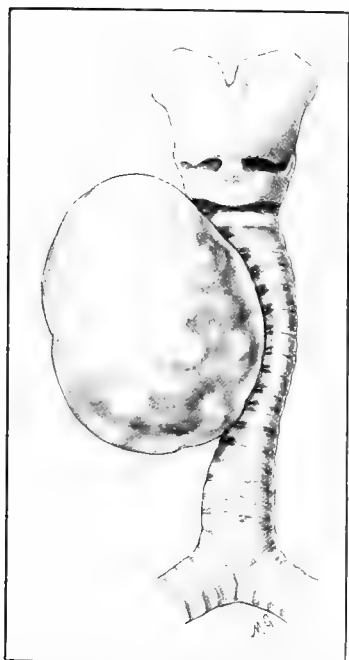


FIG. 26.—Unilateral compression of the trachea by a nodular goiter.

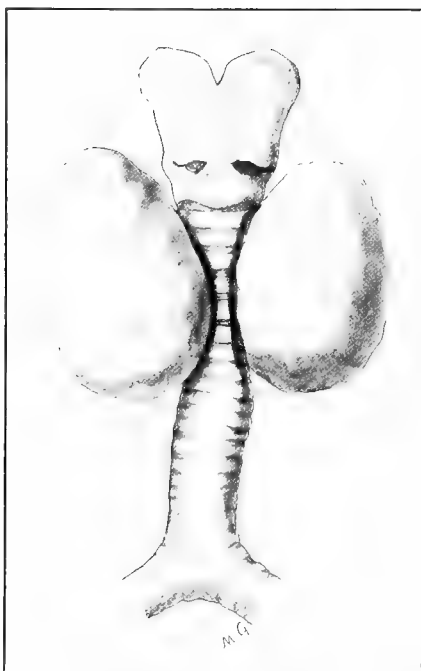


FIG. 27. Bilateral compression of the trachea taking place at the same level. Sabre-sheathed trachea.

they float in and out; expand during expiration and collapse during inspiration: hence suffocation. The more laborious the inspiration is, the tighter is the suction. Every surgeon has probably more than once experienced such a tracheal collapse during operation. At any rate, everyone who does thyroid surgery should be acquainted with such an eventuality, and should know how to guard his patient against it.

3. If two nodular goiters develop in each lobe, but at different levels, then the trachea assumes an S-shape analogous to the scoliosis of the spinal column (Fig. 28).

4. If a goiter develops in the isthmus, its size does not need to be very large to produce symptoms of pressure. As the isthmus is firmly attached to the cricoid cartilage by the thyroid suspensory ligament a goiter developed in the isthmus will naturally not be able to wander far even if it attains a large volume; it is kept in front of the windpipe,

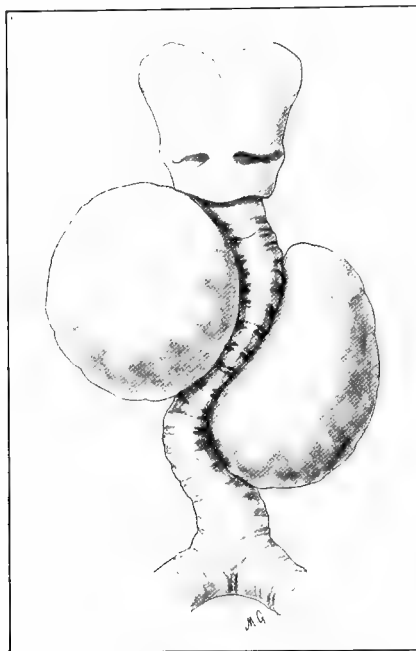


FIG. 28.—Bilateral compression of the trachea taking place at two different levels, thus forming the S-shaped trachea.

where compression takes place anteroposteriorly, which fact is soon betrayed by marked dyspneic symptoms (Fig. 29). In such conditions the large diameter of the tracheal lumen is frontal, whereas in the sabre-sheathed trachea it is sagittal. Such a goiter is called *struma mediana* or *median goiter*. In its further development the median goiter may

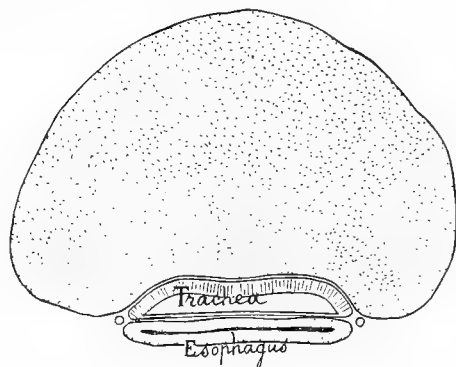


FIG. 29.—Pressure on the trachea and esophagus taking place anteroposteriorly.

gradually sink downward and become intrathoracic. This goiter rarely develops in the isthmus alone; as a rule it develops at the junction of the lobe with the isthmus.

5. A goiter developed in the *processus pyramidalis* is a rare feature. It is situated in the middle line or a little outside of it, high up in front of the larynx, and is quite superficial. Let us call this form of goiter *pyramidal goiter* (Fig. 30).

6. In certain cases, especially in newborn, each lobe of the thyroid may extend behind the trachea and esophagus to such an extent as to come into contact one with another; trachea and esophagus are then surrounded with a ring of glandular tissue. That is the *circular goiter* (Fig. 50). We shall study it in a chapter by itself.

Besides the trachea the larynx may, too, be compressed and displaced by a large goiter. Such modifications of positions of the larynx

and changes of consistency of its cartilages are apt to cause phonetic disturbances, due only to a rupture of the anatomical, statical, and muscular equilibrium; the vocal cords may be normal but the points of insertion are slightly displaced; hence a slightly disturbed synergical action of both cords.

As can be easily foreseen, all these pathological modifications of the laryngotracheal tube give rise to congestion of its mucous membrane, and as these irritations are eminently chronic, the mucous membrane becomes edematous, thickened, and congested. The clinical importance of these lesions cannot be ignored. Take, for instance, cases in which tracheo-



FIG. 30.—Goiter developed in the pyramidal process.

stenosis is so developed that the patient has barely enough lumen left for respiration. Suppose now that for some reason an active or passive congestion takes place in the tracheal canal, the mucous membrane at the level of the tracheal stricture becomes so edematous that the respiratory lumen becomes insufficient, suffocation follows, and death may ensue.

Relation of Goiter to the Pharynx and Esophagus (Plate VI).—In ordinary goiters the pharynx and esophagus are seldom involved. Deglutition is interfered with only when the goiter has become adherent to the walls of the esophagus either because of a strumitis or because of a

fibrous or malignant goiter. There, too, as in the trachea a long, continuous pressure on the esophageal walls may cause such an atrophy as to perforate them, and yet such goiters may *not* be malignant at all; but, of course, this is rare.

Relation of Nodular Goiter to Bloodvessels (Plate VI).—In large goiters the common carotid is displaced posteriorly and laterally; it may even be found in the posterior triangle of the neck. I have seen it more than once not far from the anterior border of the trapezius. The carotid is then found enlarged, has sometimes a tortuous course, is subcutaneous, and is felt as a tense, expansive cord.

When the common carotid has contracted, intimate relations with the capsule of the gland, on account of strumitis or for any other reason, this posterolateral displacement of the vascular trunk is easily understood; yet such displacements happen in goiters in which no inflammation whatever is found. It then finds its explanation in the anatomical relation between the thyroid gland, the common carotid, and the superior thyroid artery. In undergoing upward enlargement the goiter seems to grow in the angle formed by the carotid and the superior thyroid artery. As the latter is firmly fixed by its two terminal branches to the thyroid it holds tightly the common carotid to the posterolateral surface of the goiter in the same manner as if someone should carry somebody on the back or over the shoulders by holding him tightly by the arm. The more the goiter grows, the tighter becomes the relations between the goiter and carotid, consequently the more the carotid will be displaced laterally and posteriorly. At the same time it becomes elongated; in voluminous goiters this elongation of the common carotid may be sometimes quite marked. Wölfler saw a case in which the carotid formed around the goiter a segment of a circle whose radius was 6 cms.

The displacement outward of a carotid has a very important diagnostic value, because it is caused by goiter and by nothing else. In tuberculosis or malignant tumors of the cervical lymph nodes the common carotid, instead of being displaced outward, lies in the center of the tumor. Again, anatomy will give us the reason for it: normally, the lymph nodes are found all around the vascular cord of the neck, consequently in tumors of the cervical ganglions the common carotid must naturally lie in the middle of the tumor.

The *superior thyroid artery* loses its normal anatomical relations only in large-sized goiters. In that case, very much increased in size, this artery follows a sinuous course, separated, to a more or less extent, from its normal anatomical neighbors, namely, the inferior constrictor of the pharynx and the superior laryngeal nerve. The point of election for its ligation is the superior pole.

Lying directly on the prevertebral fascia the *inferior thyroid artery* may be easily compressed and displaced by a growing goiter. In partly intrathoracic goiters this artery is covered entirely by the tumor and is consequently of difficult access for ligation. As a rule the safest place to ligate the inferior thyroid artery is *inside* the carotid sheath, between this sheath and the thyroid gland. The ligation of the artery near its point of entrance into the thyroid is dangerous, inasmuch as the parathyroids and the inferior laryngeal nerve might easily be injured.

In large goiters the veins of the neck are distended because the return flow of blood is impaired by compression on the large venous trunks or because of some pathological disturbances in the right heart; as a result of it an intense venous congestion is seen in all the cervical region—the anterior jugular vein, the superior thyroid, the *imæ veins*, and all the capsular veins may be so distended that the gland seems to be the site of an angioma. These *imæ veins* must be known to the surgeon, as they are the ones most apt to allow an air embolism. In all these conditions the distended veins are friable and thin. They have lost their elasticity: hence, the frequent venous parenchymatous hemorrhages which may sometimes become alarming.

Relation of Goiter to Nerves (Plate VI).—The nerves which are mostly involved in voluminous goiters are the *vagus* and the *sympathetic*. Compression on the vagus trunk itself does not give rise to any special symptoms. Its branch, the *superior laryngeal nerve*, even when materially compressed and displaced, does not cause appreciable functional disturbances. On the contrary a slight injury to the *inferior laryngeal nerve*, which is another branch of the vagus, has the most unpleasant consequence, as it may mean for the patient total loss of voice. After thyroidectomy this symptom may be the only living witness of the awkwardness or ignorance of the surgeon. As a rule this nerve is compressed in the inner and posterior angle of the tumor, and as a result of this, paralysis of the corresponding vocal cord may follow. The same thing may happen if the goiter has been the site of a hemorrhage or strumitis, because the nerve becomes adherent to the capsule: hence again causing functional disturbances.

That the *sympathetic nerve* may be involved in large growing goiters is made clear by its anatomical relations. It may become compressed on the prevertebral surface or it may be constantly traumatized with each pulsation of the inferior thyroid which comes in contact with it and the middle cervical ganglion. Traumatism of the cardiac branches of the sympathetic may account, too, for some forms of tachycardia.

The *hypoglossus*, *spinal*, and *phrenic nerves* and the *cervical* and *brachial plexus* may be involved, too, by the large growth of the goiter.

CHAPTER VII.

CLINICAL SYMPTOMS AND DIAGNOSIS.

CLINICAL SYMPTOMS OF GOITER.

A GREAT many goiters, at least for a considerable period of time, have no history. They do not betray their presence by any mechanical or functional symptoms. In their early stage, when symmetrically placed, they give to the neck a soft roundness called "swan-neck," and considered in many countries as one of the attributes of feminine beauty. Many of the great artists of the past centuries shared the same views, as one can easily convince himself, if he care to, by visiting certain museums. Although sometimes a slight apathy, thickening of the teguments, constipation, chilliness, etc., indicate a slight degree of thyroid insufficiency, while in other cases a slight tachycardia, nervousness, impatience in disposition, abruptness of movements and brilliancy of the eyes betray the first symptoms of hyperthyroidism, these patients are absolutely unaware of their condition and would sneer at one who would tell them that they are sick.

At the time of *puberty* especially, and later on with each menstrual period, young girls often complain of constriction of the neck, of choking sensation, of coughing spells; during sleep they are frightened with distracting nightmares; in daytime they easily get tired, complain of palpitation, nervousness, tremor, etc. All these symptoms, partly mechanical, partly thyrotoxic, are due to a slight parenchymatous goiter which so often accompanies puberty. In the great majority of cases they subside; in others, however, they progress and evolve into a permanent parenchymatous or nodular goiter, be it toxic or not.

A goiter may cause *mechanical* and *functional* symptoms.

Mechanical Symptoms.—The *mechanical* disturbances can be easily foretold after our study of the relations of a goiter with the neighboring tissues. We must remember that the symptoms are not always in direct proportion to the size of the goiter; a small median or retrosternal goiter will cause far more serious symptoms than a voluminous goiter hanging in front of the thorax.

Dyspnea.—One of the main symptoms which causes the patient to seek medical attention is *dyspnea*. It may be produced:

1. By direct pressure on the trachea.

2. By an injury of the inferior laryngeal nerve, causing paralytic conditions of the vocal cords.

3. By venous congestion of the cervical region and the upper part of the mediastinal space following pressure upon the nervous trunks.

Dyspnea is a slow-developing symptom. For a long time the patient is not aware that he is getting out of breath easily, that while talking he must stop frequently to draw a deep breath of air. In time he becomes conscious that he is no longer able to climb up stairs or to do any physical exercise without losing his breath. Gradually respiration becomes more and more laborious, and when finally, on account of pressure, the lumen of the trachea has become greatly narrowed a long, loud, whistling inspiration is heard: that is the *tracheal stridor*. Stridor is mostly *inspiratory*, but may be *expiratory* also. Dyspnea may be constant or *paroxystic*. When the trachea is greatly constricted, a slight physical exertion, a simple movement of the head, or a catarrhal congestion of the laryngotracheal tube, or any sudden pressure from without, is sufficient to cause attacks of asphyxia. When compression, even of moderate degree, is of years' standing, a permanent congestion of the entire respiratory apparatus takes place, and, as a consequence of this catarrhal condition and of the tracheal stenosis, emphysema and bronchiectasy develop. Furthermore, when the blood circulation in the lower portion of the lungs becomes sluggish, there is a marked tendency to bronchitis, bronchopneumonia, etc. As the result of pressure upon the large cervical and intrathoracic venous trunks, stasis takes place in all the upper venous system, hence vertigo, headache, congestion of the face, nose-bleeding, somnolence, etc. Like stridor, dyspnea is more frequently *inspiratory* than *expiratory*.

Dysphagia.—Difficulty in swallowing is especially noticeable in the retrovisceral and intrathoracic goiters. The patient seldom complains of pain in swallowing; he may, however, have some difficulty in swallowing solid food, yet in uncomplicated goiters an absolute impossibility of doing so is not known.

The *voice* in large goiters is characteristic; it has a thick, guttural, impure tone, as if the vibrations were muffled. This is due to the congestion of the mucous membrane of the laryngotracheal tube and to the slight displacement of the points of insertion of the vocal cords, and on that account they cannot ring true. If to that we add a muscular insufficiency, we will understand why during the speech of markedly goiterous patients, changes in the voice appear so brusquely, why certain sounds are not uttered, why "slips of the voice" occur, the whole thing making, as Berard says, a motley mixture of *couacs* and *silences* which are very peculiar and characteristic. Berard considers them as *vocal awkwardness*. Only in the later stages are they due to paretic or paralytic conditions of the vocal cords and constitute then the *bitonal voice*.

Symptoms Due to Injury of the Inferior Laryngeal Nerve.—Bilateral paralysis of both inferior laryngeal nerves is found only in malignant goiters. In the benign form of goiters, injury of the inferior laryngeal nerve is nearly always *unilateral*; it then determines tonic contractions of the vocal cords of the same side, which give to the voice a *bitonal* character. It may cause, too, coughing spells and spasm of the glottis, which may be so marked as to cause the most alarming symptoms of suffocation. Cough of *recurrent nerve origin* differs clinically from the one resulting from compression on the bronchotracheal tube. We can say with Varay that they constitute two distinct types:

1. The cough of *recurrent type*.
2. The one of *compression type*.

The “recurrent cough” is dry, loud, and not accompanied with expectoration. It comes on mostly by spells. The “compression cough” is sonorous, deep, cavernous, with a grave, metallic sound, resembling the cough of a dog choking with a bone in his throat; it is really a “barking cough.” Brought on by slight physical effort, it does not seem to annoy the patient as much as the noise would indicate.

When compression on the inferior laryngeal nerve is only slight, it manifests itself by a metallic sound of the voice, due to a paretic condition of the vocal cord involved. As long as the inferior laryngeal nerve has not been destroyed the patient remains exposed to sudden and unexpected spasms of the glottis because the constrictor muscles of the glottis resist longer than the dilators; the latter are put out of function a long time before the former. On the other hand, when the process of irritation or paralysis of the recurrent nerve retrocedes, as Rosenbach and others have shown, the dilator muscles are the last to recuperate their function.

Paralysis of the recurrent nerve, as a rule, takes place gradually; it may, however, be sudden, as in cases in which a brusque compression due to an intracystic hemorrhage occurs. When paralysis of the nerve is complete, then there is a paralysis of the corresponding side of the glottis; the vocal cord of the paralyzed side takes an “intermediary” position, and as the vocal cord of the sound side does not go beyond the middle line, phonation is, of course, impossible; hence complete *aphonia*. Later, however, the sound vocal cord increases its radius of excursion, swings over the middle line in order to come into contact with the paralyzed cord: aphony then disappears, the patient may even seem to have regained his normal voice; his singing voice, however, never returns.

In goiter, injuries of the inferior laryngeal nerve are relatively frequent. They are mostly characterized by symptoms of slight importance, and according to statistics, the frequency of such lesions varies

from 7 to 35 per cent. of the cases. Lesions of the inferior laryngeal nerve predominate on the left side as a rule. Avellis found that out of 150 recurrent laryngeal paralyses, 46 were on the right side, 92 on the left, and 12 were bilateral. B. Mathews out of 289 partial or complete paralyses found 93 on the right side, 162 on the left, and 17 bilateral. Predominance of paralysis on the left side may be accounted for by the fact that the left inferior laryngeal has a longer course, and is more exposed to pressure not only in the mediastinal space but also in the cervical region, as it is more superficial than the right. Although the frequency of pressure symptoms on the recurrent nerves is in direct proportion to the size of the goiter, Mathews found some exceptions: small goiters, hardly large enough to be recognized, may produce symptoms of paralysis, whereas large ones may not cause any. Men are about three times as liable as women to have paralysis of the inferior laryngeal nerves.

The trunk of the *vagus nerve* itself is seldom involved by goiters except in strumitis and cancers. In rare instances the slowness of the pulse and respiration have been interpreted by some authors as due to mechanical traumatism of the vagus nerves.

So far as the *sympathetic nerve* is concerned it is not always easy to recognize clinically the symptoms which belong to mechanical compression of the sympathetic nerve itself; if, however, the sympathetic symptoms are localized on one side of the face only then the diagnosis of compression on the sympathetic side can be made with certainty. The symptoms of *excitation* of the sympathetic are a unilateral exophthalmos with dilated and sluggish pupil, enlargement of the palpebral fissure, and redness of one cheek more marked than the other. The symptoms of paralysis are ptosis of the eyelid, thus producing a smaller palpebral fissure, myosis, on account of the dilatator muscles of the pupils, redness of the ear, and abundant perspiration on the paralyzed side.

In extremely rare cases the *spinal nerve* is involved; a *torticollis*, or wry-neck, due to spasmodic contraction of the trapezius and sternocleidomastoid muscles, is then the consequence of it. The lesions of the *hypoglossus nerve* occur only in goiters developed from the thyroglossus duct. In such conditions a paresis and an atrophy of the corresponding side of the tongue have been observed. Symptoms of compression of the superficial cervical plexus are found sometimes in voluminous goiters and are characterized by irradiating pains toward the auriculotemporal and occipital regions. When pressure takes place on the deep cervical plexus, *pectoral neuralgia* and painful formications along the arm and hand have been reported. The *phrenic nerve*, especially in retrosternal goiters, may be caught and compressed in front of the scaleni muscles;

this is rare, however. In such conditions hemispasm of the diaphragm will be present, followed later by paresis or paralysis of that muscle.

Functional Symptoms.—Functional symptoms can be divided into two large classes: the symptoms of *hypothyroidism* and those of *hyperthyroidism*. They will be studied in separate chapters.

The *goiter-heart* will be studied in a chapter by itself.

DIAGNOSIS OF GOITER.

In the great majority of cases, diagnosis of goiter presents no difficulty. First of all the history of the patient puts us at once on the right scent by telling us if the patient comes from a country where goiter is endemic or not, if other members of his family are affected with it or not, or if he complains of mechanical or thyrotoxic symptoms. When dealing with a tumor of the neck, the two important things which we have to decide are:

1. Is the tumor in the thyroid?
2. What is its nature?

1. Is the Tumor Developed in the Thyroid?—*Inspection* shows the form, volume, and position of the goiter. It shows the condition of the skin of the neck, whether there is any congestion of the face, any collateral circulation on the neck or thorax, any dyspnea, any symptoms of irritation or paralysis of the sympathetic, or whether any thyrotoxic symptoms as tremor, exophthalmos, etc., are present.

There is one symptom which is pathognomonic for tumors of the thyroid: that is, the up-and-down movements which the tumor follows during deglutition. As the thyroid is intimately connected with the cricoid cartilage through its suspensory ligament, the tumor is bound to follow the larynx in its up-and-down movements. This symptom seldom fails. Only when the goiter is extremely large or when it has a long, loose pedicle, these up-and-down movements may be doubtful. But even then a little trick may solve the problem. By placing the patient's head in hyperextension and asking him to swallow, it would be very surprising if these up-and-down movements are not obtained; exceptionally, however, when the tumor has developed at the cost of an accessory thyroid gland, or when a malignant tumor or a strumitis has walled in all the organs of the cervical region, then these up-and-down movements will not be detected.

Palpation must be done methodically. We must begin by ascertaining if possible the exact position of the thyroid and cricoid cartilages and the trachea to see if they are displaced on one side or the other. When that is done the two lobes, isthmus and pyramidal

process are carefully investigated separately, their consistency, their surface, their mobility, and their relation to surrounding structures being carefully noted.

We shall find that in the greatest number of cases the goiter is more mobile transversely than vertically, that during deglutition the tumor slips out of the palpating hand to follow the up-and-down movements of the larynx. We must then endeavor to outline the inferior limits of the tumor. The best way to do so is to palpate with the thumbs, the palms of the hands and fingers reposing on the shoulders. The patient is requested to flex his head forward and laterally in order to relax the muscles of the side subjected to examination. This facilitates, too, the palpation of the retrosternal region. With some care and skill it will then be possible to fish out of the thorax quite a number of partially intrathoracic goiters which were never suspected before. When a goiter is a multinodular one, pressure on each nodule separately may reveal the one which is causing most of the pressure symptoms.

Palpation will, furthermore, show that the common carotid is possibly displaced laterally and posteriorly; in that case it is felt pulsating subcutaneously. The condition of the superior thyroid arteries is ascertained. If a goiter shows pulsation, we must determine if this pulsation is only transmitted or if it is really an expansive one.

Percussion over the thorax is intended to show if there is a dulness caused either by an intrathoracic goiter, a thymus hyperplasia, or any other mediastinal tumor. It conveys, too, some information as to the condition of the lungs and the size of the heart.

Auscultation will tell us if a systolic murmur is present over the gland, especially at its upper poles. It will tell us, too, if there is compression upon the trachea by the tumor. In that case we shall hear, especially over the manubrium sterni, a rough inspiration followed by a prolonged, loud expiration, unmistakably accompanied with tubular breathing. I consider this finding as an excellent sign of compression. Finally, auscultation will inform us as to the true condition of heart and lungs, the knowledge of which is of the utmost importance when it comes to prognosis and treatment.

Laryngoscopic Examination.—Laryngoscopic examination shows the condition of the vocal cords. This examination should be made as a routine procedure before operation, if only as a protection to the surgeon in order to avoid being held responsible for an injury to the inferior laryngeal nerves which existed prior to the operation. Tracheoscopy is seldom indicated.

An *x-ray*, if deemed necessary, will then terminate the examination and corroborate or disprove many of the clinical findings. It will add, furthermore, precious information about the size of the intrathoracic

goiter, if there is any, about the displacement and compression of the windpipe, about the presence of thymus hyperplasia, etc.

2. What is its Nature?—When once we have decided that the tumor is of thyroid origin we must then decide what its nature is. In diffuse parenchymatous goiter the gland *in toto* is enlarged, of firm consistency, and finely granular. The gland has more or less kept its normal, general outlines unless the diffuse enlargement should affect one lobe more than the other. By closer examination it is not uncommon to find small nodules of harder consistency spread throughout the gland. In colloid goiters the gland has lost its regular form, and colloid degeneration is more marked in one lobe than in the other; hence the irregularity in the form of the thyroid. The surface is lobulated, nodular on account of the presence of colloid nodules of different sizes; consistency may be firm, but in cases in which the colloid nodules are large and of different volumes the consistency may vary considerably, being firm in places, hard in others, and soft in others. Fibrous goiter is characterized by its hard consistency, and differs from the calcareous goiter by its small size, though this is not always the case. Cystic goiter is not difficult to diagnose, especially when it has attained a certain size; its surface is smooth, the tumor is mobile, elastic, or fluctuating. When fluctuation is present the diagnosis of cyst is almost certain. I say almost certain because a pseudofluctuation sometimes seen in some colloid nodules may lead one to believe that he has to deal with a cystic tumor when such is not the case.

Vascular goiter is of rare occurrence except in exophthalmic goiters. In that case the diagnosis is easily made. In genuine vascular goiter the tumor is soft and can be reduced in size by compression. A marked vascular murmur is heard over the gland and especially at its poles. Thrill and expansive pulsation are present.

In a great majority of cases the differential diagnosis between goiter and any other condition is hardly necessary. When the tumor is median, a cyst developed from the thyroglossus duct might be confused with a median goiter. But, as a rule, this cyst of thyroglossus duct origin lies in exactly the middle line and is found mostly between the hyoid bone and the thyroid cartilages, whereas a median goiter is situated below the cricoid.

Congenital cysts of the neck of thymic origin are located along the anterior border of the sternocleidomastoid; they are independent of the trachea and larynx and do not follow their up-and-down movements during deglutition. The same is true of tuberculous glands; their anatomical relations, their consistency, their pathological characters, and the history of the development of the disease differ entirely from those of goiter.

GOITER-HEART.

That there exists a relation between goiter and the heart was, of course, observed long ago. Rose first thought that the goiter-heart in connection with stenosing goiters was due to pressure of the blood-vessels on the thorax. Kocher not only admitted this fact as an etiological factor, but added that impairment of the respiration was also a cause of goiter-heart, and called it *dyspneic goiter-heart*.

Schranz believed that goiter-heart was caused by venous stasis in the thorax, causing a hyperemia of the heart muscle, and consequently an excitation of the cardiac ganglions: hence, increased cardiac activity, then, hypertrophy, dilatation, and degeneration of the muscle. Wölfler took a similar view.

Kraus designated as goiter-heart the cardiovascular symptoms caused not by the mechanical pressure but by the exaggerated function of the thyroid gland and its action on the regulating cardiac apparatus. Kocher shared this same view and differentiated this goiter from the mechanical goiter-heart. To Minnich we owe an excellent contribution on the question of goiter-heart of *pneumonic origin*.

There are two separate and distinct varieties of cardiac disturbances that may occur in connection with goiter, the *mechanical goiter-heart* and the *thyrotoxic goiter-heart*. Kocher distinguishes a third form which is rare: this condition of the heart is caused by compression of the large vessels and nerves by a large goiter. This goiter is then called *cardiopathic goiter*.

The Mechanical Goiter-heart.—It is easy to understand that being given their anatomical relations with the thyroid gland, the vagus and sympathetic nerves may be mechanically traumatized by a large goiter. These lesions, however, are rare; when present they are mostly unilateral. Bilateral compression on the vagus and sympathetic by a simple goiter, to my knowledge, has never been observed except in malignant goiters. Far from me, however, be the idea that is not possible. Furthermore, there are a great many goiter-hearts in which traumatism of the vagosympathetic system cannot be rightfully incriminated on account of the small size, location, etc., of the goiters. If we stop to consider the close anatomical relations of the vagus and sympathetic, it is hardly admissible that traumatism can center its effects on one nerve and not on the other. It seems to me that both must be injured at the same time. If that is the case, since the vagus is a *moderator* and the sympathetic an *accelerator* of the cardiac action, these two nerves should counterbalance their action. It is true that irritation with the faradic current of the sympathetic produces physiologically a slight acceleration of the cardiac action, whereas the same irritation of the

vagus produces a moderation. Surgical experience shows, on the other hand, that division of both vagi or both sympathetics has no effect, or very little, on the frequency of cardiac action. Goiter-heart is really the appanage of goiter. It is not found in the malignant degeneration of cervical ganglions, in Hodgkin's disease, etc., where certainly the chances for having an involvement of the sympathetic and vagus are great. Why is it?

So the theory that considers pressure on the vagus and sympathetic nerves as the etiological factor of goiter-heart is, in my judgment at least, not tenable.

The pressure on the bloodvessels of the thorax as advanced by Rose is a very important etiological factor of goiter-heart. It causes a stasis in the thorax combined oftentimes with respiratory disturbances, so that a stasis in the right auricle and ventricle is the natural consequence of it: then follows a dilatation, and after more or less time a degeneration of the heart muscle.

The impairment of respiration, as Kocher and Minnich have pointed out, may also cause goiter-heart.

In order to understand the development of such pathological conditions we must study the physiology of respiration and circulation.

Normally there is in the thorax a negative pressure. This negative pressure is always constant, and is never reduced to zero even in forced expiration. The consequence of it is that the extrathoracic pressure is higher than the intrathoracic one. For this reason the blood is aspirated toward the thorax; this fact is called the *thoracic suction*.

During diastole the heart increases actively the size of its chambers, and by so doing creates a vacuum which produces a sucking effect on the blood of the tributary vessels. With Minnich let us call that *ventricular suction*.

Thoracic and ventricular suction are two of the main factors in the thorax which aspirate the blood toward the heart. Of course other important factors come into play, but they are without importance so far as the explanation of goiter-heart is concerned.

During inspiration the thorax increases its capacity, hence the negative pressure increases and consequently the thoracic suction increases, too. During expiration the thorax contracts, the lungs expel the air contained in the alveoli; as a result the negative pressure is diminished, and, *ipso facto*, the thoracic suction. As a consequence of this fact there is normally during inspiration an increased quantity of blood aspirated toward the right auricle and ventricle. During expiration this quantity is diminished.

During these physiological phases the quantity of blood, and consequently the pressure in these chambers, would soon run above normal

if there was not a compensatory process to prevent such excess. This compensation is furnished by the capillaries of the lungs. During inspiration they follow the expansion of the lungs, increasing their capacity, so that the blood running toward the heart is partly side-tracked. By this process the pressure in the right heart is maintained normal. Minnich called this fact the *pulmonary compensation*.

The effects of respiration on the left heart are quite different and very much less marked, because of the size and of the thickness of its walls; however, during inspiration the pressure in the left auricle and ventricle diminishes in a moderate degree, and during expiration increases in the same proportion.

These few physiological explanations will enable us to understand what happens in cases of stenosis due to goiter or any other obstacle to respiration.

In inspiratory dyspnea, when a patient takes a deep breath in order to get enough air, the thorax expands to the maximum, so that the negative pressure in the thorax is greatly increased. In such conditions the blood is aspirated toward the right heart with great speed, but unfortunately, on account of the goiter-stenosis, the lungs do not follow the expansion of the thorax. Consequently the capillary bloodvessels of the lungs do not dilate; in other words, pulmonary compensation does not take place; the blood is not side-tracked in proportion to the stream running to the right heart, hence the dilatation of the right heart. The consequence of this is that the pressure in the pulmonary artery diminishes, and as a result there is, too, a diminution of pressure in the pulmonary vein, in the left auricle, and in the left ventricle. If the musculature of the right heart is still in good condition it will compensate by overwork the rupture in the balance of pressure between the right and left heart, and we shall then have an hypertrophy of that section of the heart. If the musculature is degenerated we shall have failure of compensation and its results.

In expiratory dyspnea during the effort of expiration the negative pressure is considerably diminished. For this reason the blood is kept back in the tributary veins: the volume of blood coming to the right heart is considerably diminished, but with the following inspiration all this blood which has been kept back flows toward the right auricle and ventricle and would soon overwhelm this segment of the heart if this compensation of the lungs did not take place and side-track the surplus of blood. But suppose the expiratory dyspnea is of long standing, causing emphysema, bronchiectasy, and chronic catarrh of the respiratory apparatus, then in that case the capillaries of the lungs undergo pathological changes, and the compensation cannot take place normally; the right heart is soon overwhelmed by the quantity of blood running into

it, and the consequence is a dilatation of the right auricle and right ventricle.

So the final results of an inspiratory and expiratory dyspnea are the same; they cause a dilatation of the right auricle and right ventricle, and finally disturb the whole cardiac system.

Goiter-heart has an insidious development. The goiter may be present for many years before the patient is aware of the changes which are going on. For a long time the patient does not notice that the tone of the voice is changing and that he easily gets out of breath. He attributes the cause of all his troubles to chronic catarrh of the trachea and lungs. Later he complains of vertigo, headache, congestion of the face, epistaxis, palpitations, dyspnea, at the slightest physical effort; edema and anasarca are the terminal stages. At that time the volume of both cardiac chambers is markedly increased, caused by hypertrophy and dilatation.

In the early stages there is generally a slight systolic murmur to be heard at the apex, betraying a mitral insufficiency caused by the stasis in the small circulation. Later the second tone of the pulmonary valve becomes weak. In late stages systolic and diastolic murmurs may be heard on all its orifices. Arrhythmia is present. The liver, spleen, and kidneys become congested; anasarca terminates the scene. By this time the pathological changes in the heart are so extensive and so irreparable that the entire therapeutic arsenal has become powerless.

Goiter-heart is not always present in all cases of stenosing goiter. The reason must be found in the resistance of the heart itself. It is a well-known fact in medicine that one heart may resist certain pathological conditions better than another; this is due to individual resistance and to the existence or non-existence of previous or concomitant intoxications or infections.

The influence of age certainly should not be neglected. Other things being equal, a young heart will offer more resistance than an old one. The majority of well-developed cases of stenosis come on between the ages of forty and sixty; consequently the pathological changes in the heart will be more common at that period of life.

The purely mechanical goiter-heart is not frequent. It is usually combined with thyrotoxic goiter-heart.

The Thyrotoxic Goiter-heart.—To this class we do not ascribe only the goiter-heart found in the well-developed exophthalmic goiter but also all the intermediate stages.

As Wölfler says: "It is easy to go progressively from a simple goiter to a well-marked Graves' disease: goiter with tachycardia; goiter with tachycardia and tremor; goiter with tachycardia, tremor, and psychic disturbances; goiter with tachycardia, tremor, psychic disturbances,

exophthalmos, etc., until we get the complete clinical picture of a well-developed Graves' disease." They are only different stages of the same process.

The thyrotoxic goiter-heart may be caused by any kind of goiter. The parenchymatous goiter is the most common cause, but a cystic or colloid goiter, even a cancerous or sarcomatous goiter may give rise to a thyrotoxic goiter-heart. Cystic and colloid goiters do not cause a thyrotoxic goiter-heart as such, but their presence seems to incite the remainder of the gland to overfunction. In such cases the goiter becomes "Basedowified." The same explanation accounts for the rare cases in which exophthalmic symptoms develop in cancer or sarcoma of the thyroid gland.

The fundamental symptom of the thyrotoxic goiter-heart is the increased heart action. This symptom never fails. It is found in the fruste forms, and may remain for a long time after the patient is practically cured of the other symptoms of exophthalmic goiter. In some cases the patient is not aware of the increased heart action, but in the great majority of cases he complains of palpitations. These may come on gradually or by spells. Oftentimes the slightest muscular exertion increases the action of the heart considerably. The pulse rate may reach 120, 150, and frequently more.

The heart action is not only increased in frequency but in intensity as well. Often the whole cardiac region shows a pulsation, and the beating at the apex is strongly marked.

After a longer or shorter period of duration of the disease the heart area is increased. This increase, it is found, involves mostly the left ventricle. The apex beat is outside the mammillary line; the transverse diameter of the area of cardiac dulness is increased; fluoroscopic examination confirms these clinical findings. The heart lies transversely on the diaphragm. In a later stage when the thyrotoxic intoxication is far advanced the right ventricle shows a marked dilatation and the area of cardiac dulness is found extending 1, 2, 3 cms., and sometimes 4 cms., outside of the right sternal edge.

In many cases I have been surprised to find the difference in the area of cardiac dulness before and after exercise. Before exercise the heart limits were only slightly increased, but after exercise they were considerably enlarged. I consider this symptom very valuable before an operation to show the resistance of the heart to the surgical attempt. If after exertion dilatation of the heart is present, and if the heart action increases considerably, and especially if myocarditis is present, one should "Pray the Lord before attempting the operation."

In thyrotoxic goiter-heart the pulse is frequently soft, and dicrotism is often observed. In advanced cases the pulse may become regular,

blood-pressure may be increased, but it is generally normal. When thyrotoxicosis is well developed the carotid arteries are distended and beat violently. The veins are enlarged, too, and show a venous pulsation. This vascular erethism is not due to the cardiac impulse, but seems to be merely localized in the vessels of the head and neck, because it does not extend to the abdominal aorta nor to the radial or other arteries. Oftentimes the patient feels the pulsation all over the head and complains of roaring in the ears. The cardiac impulse may be so intense as to shake the whole body synchronously with the heart beat.

Palpation of the neck gives a thrill, especially over the thyroid arteries. Auscultation frequently gives a systolic murmur not only just over the arteries but also all over the thyroid gland. This murmur, especially in the supraclavicular spaces, is sometimes continuous, and forms what we call the "bruit de none." The thyroid gland shows not only a transmitted but also an expansive pulsation.

As a rule the mechanical goiter-heart and thyrotoxic goiter-heart are seldom separated clinically. Of course there are goiter-hearts which are purely of mechanical origin, but even then there exists between the mechanical goiter-heart and the Basedow-heart a series of intermediary symptoms which are caused by the thyroid hyperfunction, and are consequently of thyrotoxic origin. Therefore the etiology of thyrotoxic goiter-heart and of Graves' disease is the same. There is no difference between the thyrotoxic goiter-heart described in the chapter on Graves' Disease and the one complicating any colloid, cystic or malignant goiter. The thyrotoxic symptoms disappear with thyroidectomy, or at least are greatly benefited, providing the operation takes place before the cardiac muscle has become irremediably altered.

These facts are of great importance. From them derives the first very clear indication: if a goiter cannot be cured, or at least held back in a harmless state by ordinary medical means, it should not be allowed to wait until the thyrotoxic and vascular symptoms of goiter have gone too far before performing thyroidectomy. Furthermore, these facts are of great diagnostic value and of great help to the surgeon in deciding if the operation can be done, also how and when.

When in goiterous tracheostenosis the pathological disturbances in the heart and in the small pulmonary circulation have not damaged these organs to such an extent as to become permanent, surgical interference gives brilliant results. More than once I have seen cases of intrathoracic goiters with marked dyspnea, venous congestion of the cervical region, *irregular pulse*, headache, vertigo, etc., entirely relieved of all these symptoms after operation. The most remarkable case was that of a woman with a totally intrathoracic goiter displacing the aorta and compressing the basis of the heart. This patient had what I thought

was a marked degree of myocarditis. To my surprise the day following the operation the pulse had become regular and has remained so ever since.

But when a dilatation of the right heart has already taken place, when tachycardia, arrhythmia, congestion of the liver, spleen, and generalized edema are present, an operation in such cases can only terminate by failure, and, what is worse, in death. This is so true that when Kocher reported the results of 3000 operations for goiter he said that the only real danger which he still feared in goiter operations was *cardiac collapse*. His advice was then to operate a goiter as soon as possible and to discard any thyroid or iodine treatment when a goiter-heart was present.

CHAPTER VIII.

INTRATHORACIC GOITER.

WE call *intrathoracic goiter* a goiter which lies in the thorax. That variety of goiter may be *partly* intrathoracic or *totally* so. If we should call intrathoracic every goiter whose inferior poles dip more or less into the superior opening of the thorax, we should regard as intrathoracic many goiters not worthy of that denomination. Such goiters do not extend down into the mediastinal space; their inferior limits can be outlined more or less easily during swallowing or coughing. We apply to such a class of goiters the name *struma profunda* or *deep goiter* (Fig. 35) and reserve the term of *partly intrathoracic* (Figs. 32 to 36) to goiters whose greater portion lies in the mediastinal space and whose remaining portion lies in the cervical region. As the name indicates the *totally intrathoracic goiter* (Figs. 39 to 41) lies completely in the thorax; now and then there is not even external evidence of thyroid enlargement in the cervical region.

Intrathoracic goiter takes its origin either in the lower poles of the thyroid or in the isthmus; more seldom it develops in accessory thyroid glands. When originating from the lobes or isthmus the intrathoracic goiter remains, as a rule, connected with the body of the thyroid by a pedicle; if it develops from an accessory thyroid gland it has no relation whatsoever with the thyroid. These latter forms of goiter are rare. Intrathoracic goiter does not seem to develop oftener in the lobes than in the isthmus.

A goiter has a tendency to become intrathoracic for three chief reasons:

1. The thyroid gland normally goes up and down with respiration, with swallowing and coughing, hence the tendency to drop.
2. The goiter is more or less forced into the thorax by the various movements of rotation and especially by flexion of the head.
3. By the natural action of gravity.

In short-necked people with a well-arched thorax the thyroid lies abnormally low, and a goiter developed in that gland is bound to become intrathoracic very soon. This abnormally low situation of the thyroid has been called by Kocher *thyroptosis* (Fig. 43) and is accompanied at the same time by a laryngoptosis. According to von Eiselsberg this thyroptosis is frequently found in patients with emphysema. Kreuz-

fuchs claims that, on the whole, an *isthmoptosis* is more frequently found than a ptosis of the entire gland itself. In rare instances the isthmus seems to form a big body *per se*, being connected with the lobes by only a thin bridge of connective tissue containing bloodvessels, and thus forming what Gruber calls *glandulæ tripartitæ*. In such glands the isthmus is very apt to sink into the superior opening of the thorax as soon as it grows in volume.

At first a deep goiter extends only partly behind the sternum and underneath the first rib. It moves freely up and down with the larynx. Later, when the goiter has descended into the thorax and has grown more voluminous, it escapes out of the thorax only in forced respiration or coughing. But as the goiter continues to grow there finally comes a time when it can no longer escape the superior opening of the thorax; it then lies in the superior mediastinal space and becomes more or less completely intrathoracic; in such conditions the up-and-down movements with the larynx have more or less lost their entire amplitude.

We can consequently conclude that the great majority of intrathoracic goiters have been at one time *cervical*; only the ones which originate from an intrathoracic accessory gland, or which are developed at the cost of an extremely ptosed isthmus or lobe, are intrathoracic from the start. If two separate nodular goiters in the same individual become mediastinal they form a *double intrathoracic goiter*.

Intrathoracic goiters vary from the size of an egg to that of a large fist. They may be nodular and irregular in shape when they are formed by an aggregate of colloid nodules, but they may also have a smooth surface with a round or oval shape when formed by a cyst or by a unique colloid nodule. Histologically all the pathological varieties seen in simple goiter are found, too, in intrathoracic goiter.

That an ordinary goiter dips by its inferior poles more or less low into the superior opening of the thorax is seen quite frequently, and according to statistics and my own experience it occurs in about 25 to 35 per cent. of all goiter cases; on the other hand, a partly intrathoracic goiter occurs in about 15 to 18 per cent. of the cases. In this class, too, we find the *diving* or *plunging goiter* which has been so well described by the French authors and called *goitre plongeant*. This plunging goiter may be median or lateral; it owes its name to the fact that at times it is cervical and at others intrathoracic: during coughing or forced expiration it springs up suddenly above the manubrium sterni and then disappears into the thorax again. Such goiter is liable to become incarcerated at the superior opening of the thorax and then cause very alarming suffocating spells. One of the most striking specimens of plunging goiter which I have seen was while I was the assistant to my master, Kocher. It was developed in a retroclavicular accessory thyroid gland on the

right side, had no connection whatsoever with the thyroid, and with each coughing used to play in the most exquisite way the game of "Now you see me; now you don't." In fact, it was the only symptom which had brought the patient to seek surgical attention.

Totally intrathoracic goiter includes all cases of goiter which lie in the thoracic cavity, showing no signs, more or less, of external enlargement of the gland. This is the *true intrathoracic goiter*. It occurs in about 6 or 7 per cent. of the cases of goiter.

Intrathoracic goiter may in rare instances be congenital, but as a rule it is found in middle age about the fortieth year of life. My youngest case of totally intrathoracic goiter was a girl, aged about thirteen years, while my oldest was seventy-five years. It is more frequently found in men; it is of benign nature, but, of course, may undergo malignant degeneration. As ordinary goiter is by far more frequently seen in women than in men, it may seem peculiar to find intrathoracic goiter more frequent in men than in women. The reason is that men begin hard work very young and continue it all their life, more so than women. Hence the tendency for ordinary goiter to become intrathoracic.

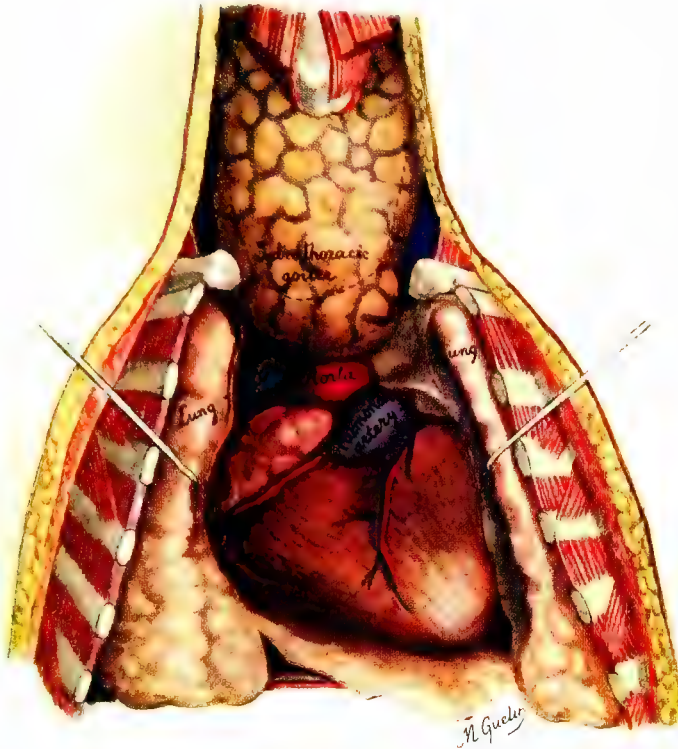
Intrathoracic goiter developed in the isthmus lies in the middle line and is called the *median intrathoracic goiter* (Plate VII, Fig. 1). A goiter developed in one of the lobes lies laterally of the middle line, and for that reason is called *lateral intrathoracic goiter*.

Relation of Intrathoracic Goiter to Neighboring Tissues.—The *median intrathoracic goiter* lies in front of the large vessels and is bounded by the manubrium sterni in front, by the trachea and esophagus behind, by the arch of the aorta or innominate artery below, and laterally by the lungs. The *lateral intrathoracic goiter* (Plate VII, Fig. 2) is bounded in front by a portion of the sternum and costal cartilages, behind by the first three vertebræ with their costal insertions, inwardly by the trachea and esophagus, and laterally by the pleural membrane. A very important relation of intrathoracic goiter is its relation to the large intrathoracic vessels; it may lie in front, which is less frequent, or behind them or laterally too; the median intrathoracic goiter nearly always lies in front of these vessels. When situated behind the vessels it is called *retrovasal*; when in front of them it is called *prevasal*.

In conclusion we may say with Wölfler that the portion of the thorax in which intrathoracic goiters can be found is limited in front by the manubrium sterni and the adjacent portions of the clavicles and of the first three ribs; behind, by the first three thoracic vertebræ with their costal insertions; laterally, by the parietal pleura; below, by the arch of the aorta, the innominate, and the basis of the heart; above, by the superior opening of the thorax. From this it follows that an intrathoracic goiter may come in contact with very important organs, such as

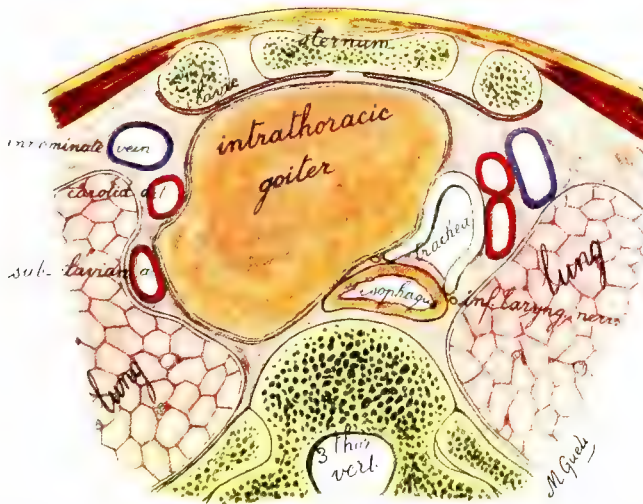
PLATE VII

FIG. 1



Relation of a Median Intrathoracic Goiter to the Surrounding Structures.

FIG. 2



Cross-section of the Upper Part of the Thorax, Showing Relation of a Lateral Intrathoracic Goiter to Surrounding Structures.

the right and left innominate artery and veins, the common carotids, the arch of the aorta, the basis of the heart, the thoracic duct, both vagi, the inferior laryngeal, phrenic and sympathetic nerves, the trachea and the esophagus. On account of such dangerous vicinity it will be easily understood that intrathoracic goiter may have a most striking symptomatology.

In intrathoracic goiter as well as in cervical goiter the trachea may be displaced or compressed, or both together. If the pressure is of long standing the walls of the trachea may become atrophied. In median intrathoracic goiter, pressure takes place anteroposteriorly. In lateral intrathoracic goiter, pressure takes place laterally. If the windpipe is compressed laterally on each side by two nodular goiters, compression may be so marked that the two walls of the trachea may come in contact with each other and form what we call the *sabre-sheathed trachea* (Fig. 27). If the two nodular goiters are at different levels then the trachea assumes an "S" shape (Fig. 28). Beside the trachea the goiter may exert pressure on one of the main bronchi. More seldom compression of the upper portion of the lungs may be found. Kreuzfuchs more than once had opportunity to determine such compression with the x -rays. In one of my cases compression on the right lung was so marked and had been of such long standing that gangrene of the apex followed and caused an empyema.

All the large vessels of the thorax, even the superior vena cava, aorta and basis of the heart, may undergo compression and displacement from intrathoracic goiter. Thus on fluoroscopic examination the tumor may appear to pulsate and may then be taken for an aneurysm. Yet, closer examination will show that this pulsation is not an expansive one, but is only transmitted by the aorta or the other large vessels of the mediastinal space.

Injury to the inferior laryngeal nerve happens more frequently on the left than on the right side. Wölfler thinks this is due to the fact that the left inferior laryngeal nerve is more superficial than the right. That may be true in some cases; in others, however, Kienböck's explanation is more satisfactory. In his judgment, as the intrathoracic goiter presses and displaces the aorta toward the left side, it puts the inferior laryngeal nerve on the stretch, hence the injury to the recurrent nerve. This is to be expected, as we know experimentally that traction on the nerve is the equivalent of compression.

Symptoms.—The symptoms produced by intrathoracic goiter do not differ in any way from those described in conjunction with cervical goiter, except that they may be more intense and that suffocating spells may be caused by the slightest physical effort, or come on spontaneously, especially during the night. While in bed the patient cannot find a

comfortable position for sleep as the recumbent position causes a congestion of the cervical region, soon followed by suffocation; on the other hand, pillows are of no use because they flex the head, causing the chin to press upon the goiter which, in turn, compresses the trachea, hence again bringing about suffocation. Such patients spend their nights in an arm-chair like asthmatic or cardiac patients. In one of my patients dyspnea was so marked that I had to operate on her in a sitting position, and had to keep her in that position until the goiter was fished out of the thorax. When dyspnea is intense there is during inspiration a sucking-in of the suprasternal and the epigastric regions; this phenomenon is called by the French authors *tirage*.

In intrathoracic goiter the auscultative *findings* differ naturally with the situation—the volume and the relation of the goiter with the neighboring tissues. If a bronchus of secondary importance only is compressed, respiration in the corresponding portion of the lung will be diminished in proportion to the compression. If one of the main bronchi is totally compressed, a complete *silence* will be found in all the corresponding regions of the lungs. If stenosis of the tracheobronchial tube is incomplete a loud, whistling inspiration and a prolonged expiration with tubular character will be found, especially over the sternum and on the spine. Emphysema and bronchial catarrh are of common occurrence. If the lungs themselves are compressed there is, in the area of pressure, diminished respiration accompanied with rough inspiration and prolonged expiration, and tubular breathing. More than once such conditions have been considered as incipient tuberculosis.

Certain movements of the head increase dyspnea, whereas certain others afford an easier respiration. These facts soon become known to the patient and it is not so rare to find a patient going about carrying his head always in the same posture, as if he were suffering from a boil on the neck. When of long standing these abnormal positions may even produce secondary deformations of the skeleton. Krönlein, for instance, reported a case in which intrathoracic goiter had produced a scoliosis of the spine.

A symptom which is considered very valuable for diagnosis by Wölfler and Kocher is not only the displacement of the windpipe laterally, but also a ptosis of the larynx *in toto* and a diminution of its up-and-down movements: the radius of its excursions is reduced as if something were trying to hold it immobile. Laryngoptosis may sometimes reach such a degree that the cricoid cartilage lies at the level of the incisura sterni (Fig. 43). *Fixation and ptosis* of the larynx are of great diagnostic value in intrathoracic goiter.

Symptoms of compression on the sympathetic nerve are much more frequent in intrathoracic than in cervical goiter.

Pressure on the subclavian and innominate veins, and on the superior vena cava produces a congestion of the neck and head, hence roaring in the ears, vertigo, cyanosis, etc. In some cases the compression of the big venous trunks is so marked that the return flow to the heart is greatly impaired. In such cases a collateral circulation is established by means of the superficial veins of the thorax and inferior portion of the neck; they become distended and the blood reaches the heart through the superficial anastomosis which joins the superior and inferior caval

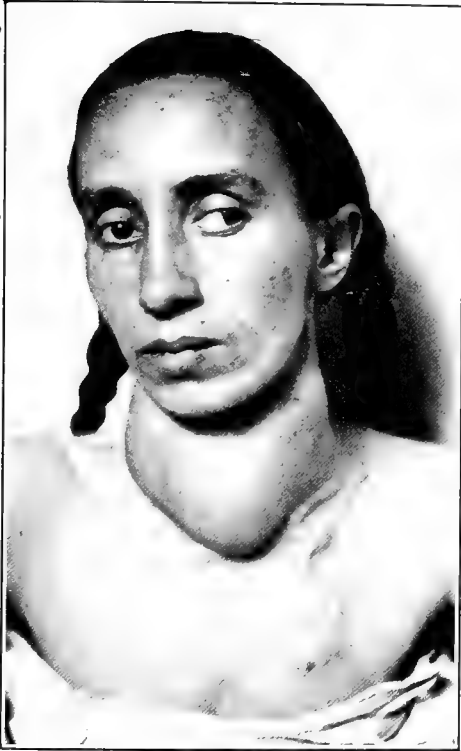


FIG. 31.—Partially intrathoracic goiter with a marked collateral circulation.



FIG. 32.—The goiter after its removal. The portion below the clavicle was intrathoracic.

systems. These veins may sometimes attain enormous dimensions and be so numerous as to cover the entire upper portion of the thorax, forming what is known as the *caput medusæ* (Fig. 31). The arm on the corresponding side may become edematous. In some rare instances compression on the large arterial trunks may diminish or suppress the pulsations of the carotid and radial artery on the side involved. To be exact, I must say that these symptoms produced by the interference of the arteriovenous system are not pathognomonic of intrathoracic goiter only, but are seen in any sort of mediastinal tumor.

The intrathoracic goiter more than any other goiter is apt to cause cardiac disturbances and give rise to what we call *mechanical goiter-heart*, which is often combined with *thyrotoxic goiter-heart*. This question has been thoroughly discussed in the chapter on Goiter-heart.

Difficulty in swallowing is found more often in intrathoracic goiter than in cervical goiter. These disturbances are caused not only because of compression, but also on account of displacement of the esophagus. Pressure of long standing on the esophagus determines chronic inflammatory conditions in the musculature and in the esophageal mucous membrane, hence the difficulty and pain which the patient complains of in swallowing. Interference with the inferior laryngeal nerve, whose branches partly supply the esophagus, may sometimes account, too, for much difficulty in swallowing.



FIG. 33.—Ten days after the operation.

Kreuzfuchs and other authors have described a symptom which is not pathognomonic for intrathoracic goiter alone, but is very often found in any other mediastinal tumor; it consists in the forward displacement of the manubrium sterni. Normally the manubrium and corpus sterni, although sometimes forming a slight angle, are on the same level. In intrathoracic goiter or any other mediastinal tumor, the manubrium happens not infrequently to be dis-

placed forward so as to form a difference in the level between the manubrium and the gladiolus. This difference may vary from a few millimeters to a centimeter. If the cartilages of the first and second ribs participate, too, in this forward displacement, the whole thing forms a characteristic "moon-like" picture which, according to Kreuzfuchs, is more often seen in malignant intrathoracic goiter.

Dulness over the sternum is always present, except in a few cases in which the intrathoracic goiter is of very small size and covered by emphysematous lungs. Gentle percussion is best suited to bring out the outlines of intrathoracic goiter. As a rule a dulness with a downward convexity will be found, a point of good differential diagnostic value, as in aneurysm this dulness will rather show an upward convexity. This will, of course, be confirmed by the *x*-rays. Another symptom of great diagnostic value is the displacement of such dulness by forced respiration: it goes downward with deep inspiration and upward with expiration. As a rule the dulness over the sternum is smaller than the

goiter itself, because the concomitant emphysema which is always present in tracheostenosis prevents the outline of the true limits of the true tumor. In lateral intrathoracic goiter dulness is localized over the manubrium sterni, over the cartilages of the second, possibly of the third rib, and over the sternoclavicular articulation; the side will depend upon which side the goiter has originated. If the intrathoracic goiter is median the dulness will be found mostly over the manubrium sterni.

In normal individuals *auscultation* over the manubrium sterni will, as a rule, show a faint *indication* of respiration, or no respiration at all. But if an intrathoracic goiter is interposed between the sternum and the trachea, and with still greater reason if the trachea is compressed, auscultation over the manubrium sterni, as a rule, will reveal a loud inspiration and a prolonged expiration accompanied with marked tubular breathing.

X-ray examination should really become a part of the routine examination in any suspected intrathoracic goiter. It not only confirms the clinical findings, but completes them. Sometimes, when it is difficult to decide on which side of the thorax the intrathoracic goiter is located, *x-rays* will show it. The fact that there is a double intrathoracic goiter may escape clinical detection; the *x-ray*, however, will nearly always give you this information. Furthermore, it gives precise indication on the situation, form, etc., of the trachea. Finally, it may prevent the surgeon from overlooking conditions of the thoracic organs, which may have great influence on the success of the operation, such as tuberculosis, pleural exudate, etc.

Normally, in the dorsoventral skiagram, the shadow may be divided into three parts: a cervical, a mediastinal, and a cardiac shadow (Figs. 34 to 41).

In intrathoracic goiter the shadow of the cervical and mediastinal portion is much increased. Laterally the shadow may reach the inner third of the half of the clavicle. Downward it may cover the base of the heart, extending to the middle of the manubrium sterni and to the cartilage of the third rib. Upward, when the goiter is partially intrathoracic, it extends and fuses with the shadow of the cervical goiter. The tone of the shadow of the intrathoracic goiter, as a rule, is regularly distributed, dark and opaque; its contour is convexed laterally and sharply marked, as a rule, because of the contrast with the shadow of the lungs, which is clear. Instead of being regular and convexed, however, the contour may be undulated and irregular, indicating a nodular goiter or a malignant tumor. The shadow of the aorta and of the vena cava may be absolutely covered by the goiter, and not uncommonly the arch of the aorta is found displaced toward the left side and downward.

According to its variety the shadow of the intrathoracic goiter may be median or lateral. In the median the trachea is absolutely covered

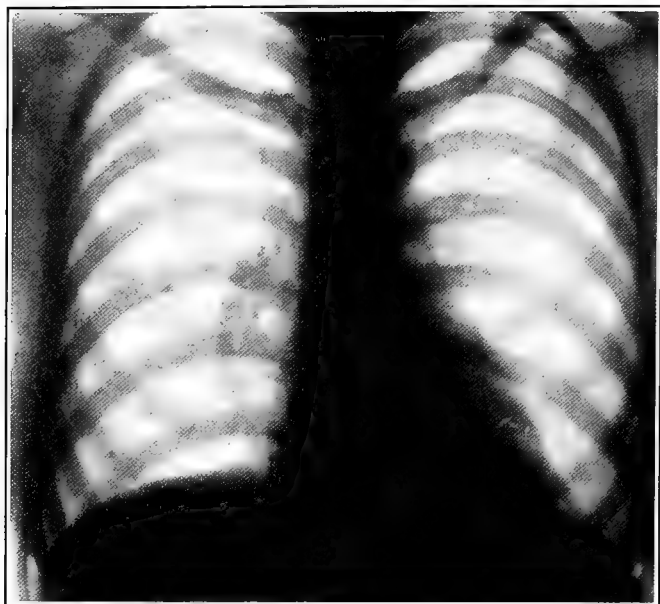


FIG. 34. Normal skiagram of the mediastinal space.



FIG. 35.—Skiagram of a struma profunda or deep goiter.



FIG. 36.—Skiagram of a partly intrathoracic goiter. *A*, intrathoracic goiter; *B*, aorta.

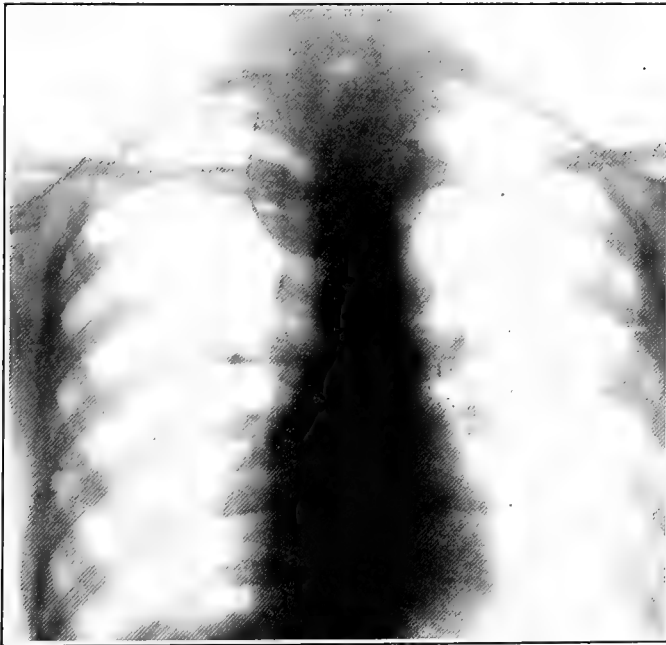


FIG. 37.—Skiagram of a partly intrathoracic goiter. Note compression and displacement of the windpipe.



FIG. 38.—Skiagram of a partially intrathoracic goiter.

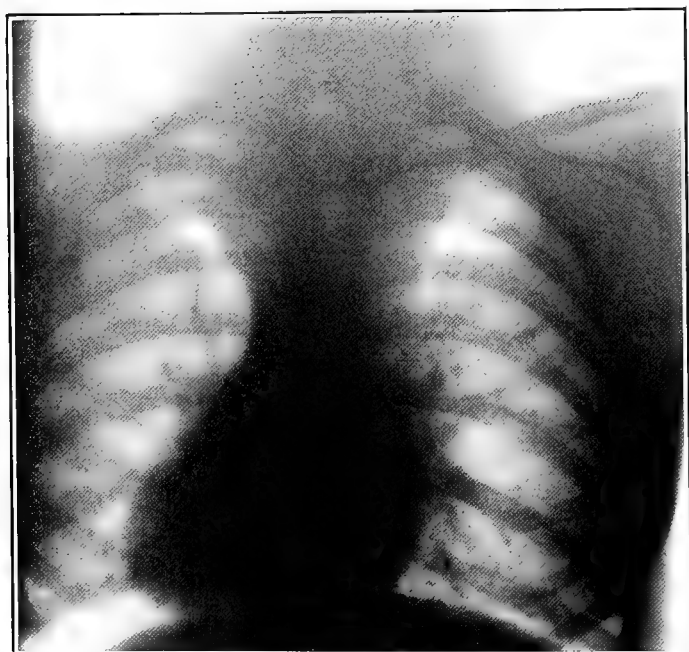


FIG. 39.—Skiagram of an almost totally intrathoracic goiter from patient Fig. 40.

by the goiter and no shadow of the windpipe is seen in the skiagram. In the lateral intrathoracic goiter the shadow may be mostly devel-



FIG. 40.—Almost totally intrathoracic goiter. Note youth of patient (fourteen years).

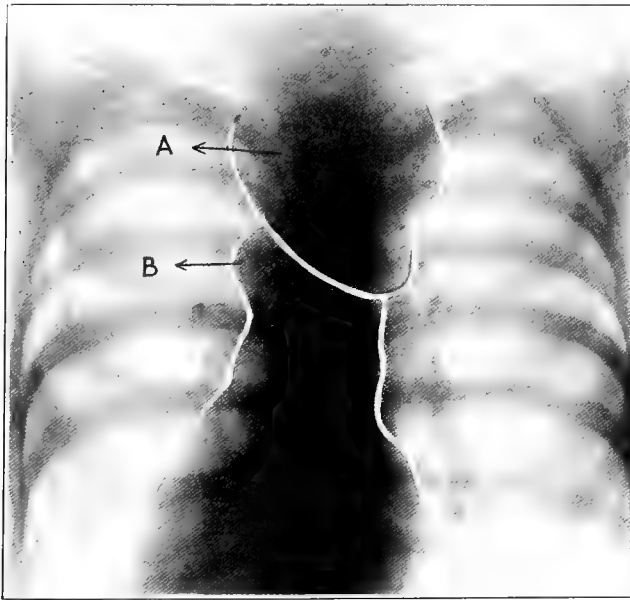


FIG. 41.—Skiagram of a totally intrathoracic goiter: *A*, intrathoracic goiter; *B*, aorta.
The goiter after removal is shown in Fig. 42.

oped on the right side or on the left side of the mediastinal space, according to the position of the goiter. In that case the aorta may be seen displaced toward the left side, the windpipe may be followed more or

less in its entire course and may be displaced or compressed or may be both together. In a few instances the trachea may be followed to its bifurcation.

In intrathoracic goiter not only skiagraphy but fluoroscopy is of the utmost importance. A fluoroscopic examination will reveal the pulsations, the up-and-down movements of the goiter during inspiration and deglutition. The shadow of the goiter is not infrequently seen pulsating; these pulsations, however, are not expansive, but are transmitted from the neighboring large vessels, especially from the aorta.

Up-and-down movements synchronous with the act of swallowing are pathognomonic of a tumor developed in the thyroid gland; this symptom never fails, except in an abnormally large incarcerated intrathoracic goiter or in malignant degeneration. On the fluoroscopic screen the goiter is clearly seen rising with the trachea and larynx, but the aorta remains immobile. In a few instances the aorta is seen rising with the goiter; this does not mean, however, that the aorta is adherent to the goiter, but only that the pressure from the goiter on the aorta being released the normal elasticity of the aorta brings this large vessel into its normal position again. The best way to observe these up-and-down movements is to have the patient swallow water, or, better, to have him take a very deep inspiration, hold it for a few seconds, and then perform a quick expiration. In so doing the intrathoracic goiter goes downward during deep inspiration and comes upward with expiration. Sometimes, according to Kreuzfuchs, a small intrathoracic goiter located behind the manubrium sterni or behind the sternoclavicular articulation may escape notice on the skiagram, but becomes fluoroscopically detectable while the patient is taking a deep inspiration, because the nodule emerges laterally from the shadow of the sternum.

Diagnosis.—The diagnosis of a partially intrathoracic goiter is, as a rule, not difficult. In that case we have to deal with a patient who has had for a longer or shorter period of time a goiter. He complains of dyspnea and palpitations, and more recently may have had spells of suffocation. We find a cervical goiter. Our first duty is to outline its inferior limits. If we do not succeed we ask the patient to cough or to swallow. In that way if the goiter lies only behind the episternal notch the palpating finger will be able to outline its inferior limits; but if the goiter extends farther down we shall not know how far down the goiter reaches. We shall have to rely upon percussion and auscultation. We must see if there is any congestion or puffiness of the face; if there is any collateral circulation in the neck, thorax, and arms; if there is any difference between the radial and carotid pulse on each side; if there is any irritation or paralysis of the sympathetic nerve; any fixation or ptosis of the larynx; any displacement of the windpipe,

or any difficulty in swallowing, etc. These symptoms and the x -ray picture will terminate the examination, and as a result diagnosis of partially intrathoracic goiter will always be made. But with a goiter which is totally intrathoracic, diagnosis is very much more difficult. Here we shall have to rely mostly upon the *mediastinal symptoms*.

The first thing to do is to ascertain that the thyroid gland is in its normal position, and that the two lobes and isthmus are normally situated, since a missing lobe is a feature of enormous diagnostic value. In the latter condition, Wührmann claims that there is a depression of the skin between the sternocleidomastoid muscle and the larynx.

Another symptom of great importance is the feeling with the finger of an impact above the episternal notch during expiration, swallowing, or coughing. This impact is caused by the intrathoracic goiter rising with the larynx.

The presence of a pedicle extending from one lobe or isthmus downward behind the sternum is a clue of great diagnostic value. If, furthermore, the palpating finger is not able to feel, as is normally the case, the tracheal rings of the windpipe behind the episternal notch, but finds, on the contrary, a mass interposed between the sternum and the trachea, and if this mass moves up and down during swallowing, the diagnosis of an intrathoracic goiter is certain. But such symptoms as those above mentioned may not be present, or may be doubtful, and then the diagnosis becomes greatly difficult. In such cases we must decide:

1. Whether we have to deal with a mediastinal tumor, and if so,
2. What is its nature?

That we have to deal with a mediastinal tumor will be shown by the subjective symptoms described by the patient, as well as the objective ones found in the course of our examination, such as congestion; puffiness of the face and neck; collateral circulation of the thorax; diminution or disparation of the radial pulse on one side; possibly edema of one arm; well-defined dulness over the upper portion of the thorax; forward displacement of the manubrium sterni; paresis or paralysis of one or both inferior laryngeal nerves, and, an unmistakable shadow on the skiagram. These mediastinal symptoms will not always be all present, but in the great majority of cases there will be enough of them to warrant a sure diagnosis.

When once the diagnosis of mediastinal tumor is made with certainty, we must decide if we have to deal with an intrathoracic goiter or not. In that direction the history of the patient may furnish precious indications. He may have previously had a goiter which has "disappeared." Indeed, it is not infrequent to see patients who believe that they have been cured of a goiter because their neck seems to be free from it; nevertheless the goiter is still present but has become intrathoracic.

The symptoms which will be of great value in deciding if a mediastinal tumor is a goiter or not are:

1. Dyspnea, which is entirely out of proportion to the cervical goiter, if there is any, or with the size of the mediastinal tumor, as shown



FIG. 42.—Totally intrathoracic goiter.

by the skiagram and percussion. The suffocating spells, especially at night, speak for goiter, as also does the fact that flexion, or extension, or lateral movements of the head increase dyspnea or cause suffocation.

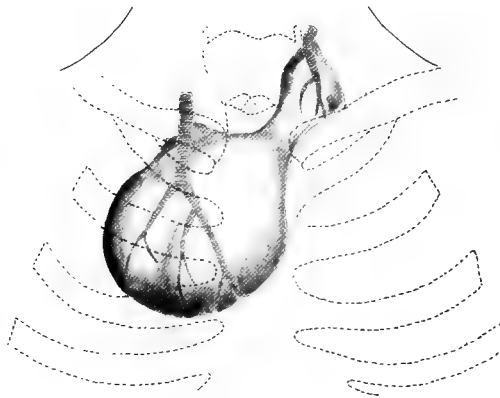


FIG. 43.—Intrathoracic goiter accompanied with thyro- and isthmoptosis.

These suffocating spells may be stopped or greatly benefited by pulling the larynx upward or by displacing it laterally; on the contrary, in other conditions these procedures may accentuate the suffocating spell.

2. A ptosis of the larynx, and diminution of the radius of its excursions, or its entire fixation. In mediastinal tumors other than intrathoracic goiter, ptosis and fixation of the larynx are less frequently seen.
3. The absence in the cervical region of one lobe or the isthmus (Figs. 42 and 43). This symptom is of great diagnostic value.
4. The feeling of an impact behind the episternal notch when the patient swallows.
5. Stenosis of the trachea in the region of the fifth, sixth or seventh cartilaginous rings of the trachea, detected either by laryngoscopy or tracheoscopy.
6. If symptoms of hyperthyroidism are found in connection with this mediastinal tumor, as tachycardia, tremor, exophthalmos, nervousness, etc., the chances are great that we have to deal with an intrathoracic goiter.
7. The fluoroscopic examination will be of enormous value, especially if it is able to show the up-and-down movements of the shadow synchronous with the act of swallowing. In that case the diagnosis becomes certain.

Differential Diagnosis.—Sometimes the difficulty is to decide whether we have to deal with an *aneurysm* or an intrathoracic goiter, since even fluoroscopic examination will not always solve the problem. Symptoms may be much the same in both cases, pulsations being transmitted to the intrathoracic goiter by the innominate or the arch of the aorta. These two conditions have been mistaken one for the other more than once. It would seem that in doubtful cases auscultation of the heart and aorta would throw the necessary light upon the diagnosis, yet it is not always so, as auscultation of an aneurysm may be entirely negative.

Here the physical and skiagraphic examination will be of great help. If the shadow is located more or less to the left of the mediastinal space the diagnosis between aneurysm and intrathoracic goiter is most difficult; but if it is located to the right, and if sympathetic and laryngeal nerve symptoms are present on the right side, too, the chances are great that we have not to deal with an aneurysm, but with a goiter, unless we should be unlucky enough to meet with an aneurysm of the innominate. Each of the symptoms above mentioned should be given careful attention and its relative value duly considered in order to arrive at a safe diagnosis.

Kreuzfuchs says that a shadow of an intrathoracic goiter differs from the shadow of an aneurysm by the fact that there is an angle between the shadow of the vessels and the tumor, and that at the fluoroscopic examination during the act of swallowing these two shadows separate from each other in the case of goiter. If it were always possible to determine on the fluoroscopic screen, if pulsation seen in the tumor

is an *expansive* instead of a *transmitted* one, diagnosis would then be made easier, because we know that an aneurysm expands in every direction; whereas in transmitted pulsations such a movement takes place always in the same direction. Unfortunately this is not always possible; more than that, one may come against cases of true aortic aneurysm where *no* pulsations whatsoever can be detected, because the aneurysm is accompanied by diffuse inflammatory or syphilitic mediastinitis. Lateral fluoroscopic examination is of great help in deciding if we have to deal with an aneurysm or a mediastinal tumor, because in the latter condition there is no *clear space* between the spine and the tumor, whereas this "clear space" exists in aneurysm unless the aneurysmal sac has acquired large dimensions and a peri-aortitis due to frequent hemorrhages has taken place.

A large and flat aorta might be mistaken for a mediastinal tumor, but in that case a lateral view of the patient will clear up the diagnosis.

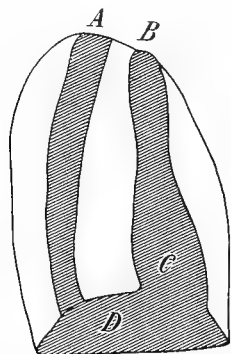


FIG. 44.—Lateral radiogram of a normal heart:
A, spica; B, aorta; C, heart; D, diaphragm.

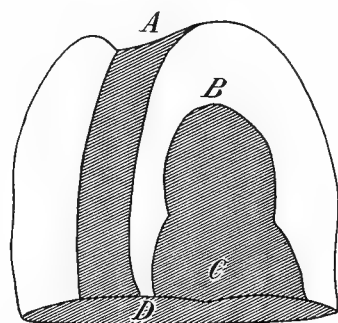


FIG. 45.—Lateral radiogram of an aneurysm.

Syphilitic or *tuberculous mediastinitis* must be differentiated from the intrathoracic goiter. Both varieties of mediastinitis are located mostly in the posterior superior mediastinum, whereas intrathoracic goiters are seen in the superior anterior mediastinum. Skiagraphic examination shows that in mediastinitis the shadow is more diffuse and somewhat linear, whereas the shadow of a goiter is more round and convex downward. In tuberculosis of the mediastinal space the skiagram will show enlarged tracheobronchial glands at the hilum of both lungs. In syphilitic mediastinitis (Fig. 46) Wassermann and specific treatment may clear up the diagnosis.

Hypertrophy of the thymus may have to be differentiated from an intrathoracic goiter. This thymic hyperplasia occurs mostly during the early years of life. However, in adults it may persist and is especially

found in combination with goiter. The x-ray picture of thymus hyperplasia is absolutely different from the picture of intrathoracic goiter. The diagnosis of thymus hyperplasia, contrary to all that has been written, is possible in a great majority of cases. Clinical examination must be always accompanied by this skiagraphic examination.

Normally a skiagraphic mediastinal shadow (Fig. 34) measures from 2.5 to 3.5 cms. under the arch of the aorta, from 3 to 3.5 cms. at the arch of the aorta, and from 5 to 6 cms. at the conus arteriosus. The shadow of this region is dark, opaque, and regularly distributed, and has definite limits.

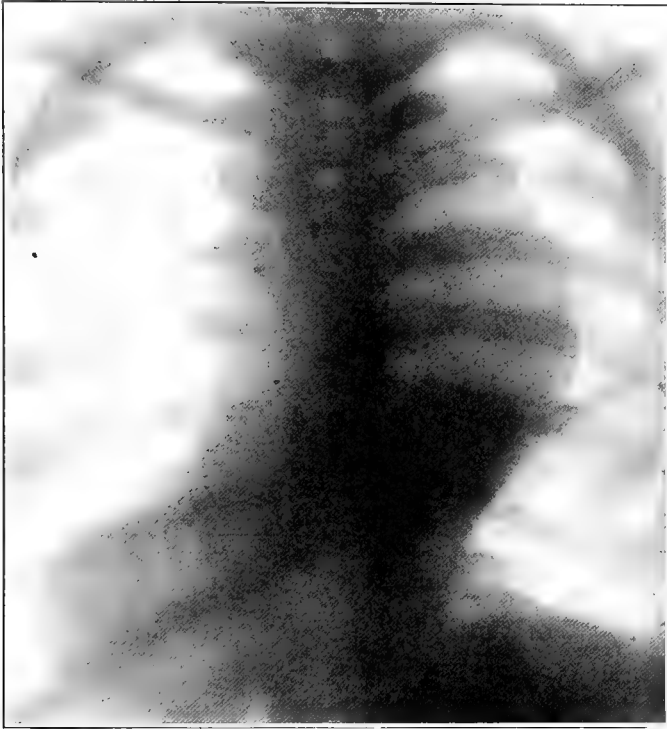


FIG. 46.—Syphilitic mediastinitis. Note the location of the shadow.

In *thymus hyperplasia* there is a shadow which overlaps laterally the normal mediastinal shadow (Figs. 47 and 48). It may affect one lobe more than the other, or may affect both lobes in the same proportion. The thymic shadow is more or less triangular; from the basis of the heart it extends upward on each side in a straight line, or follows to some extent the contour of the mediastinal shadow; it covers the auricles, which seem to be overdistended, and forms an angle between them and the ventricles; hence, too, an enlargement of the auricles which is not in proportion to the rest of the heart. The character of this thymic shadow differs from the cardiac and mediastinal shadows. It is thin,

transparent, soft, and regularly distributed; its edges, as a rule, are sharply limited and linear.

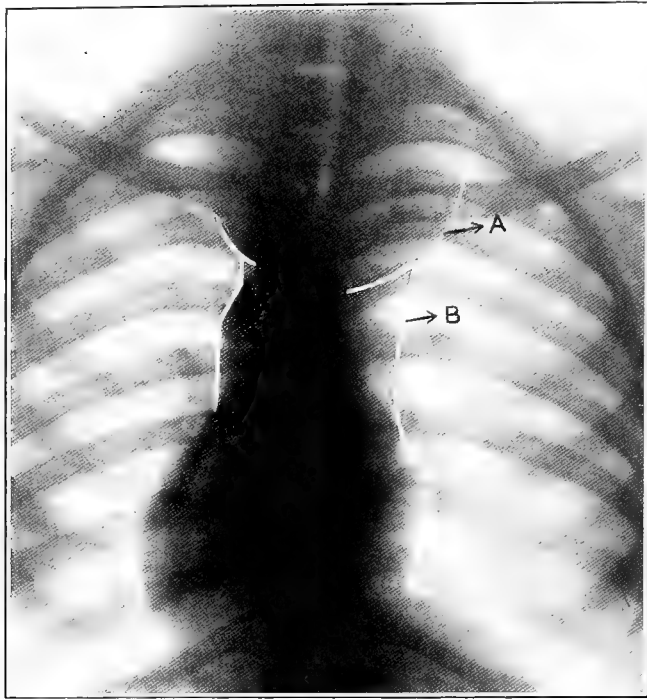


FIG. 47.—*A*, intrathoracic goiter; *B*, thymus hyperplasia. Findings corroborated by postmortem.

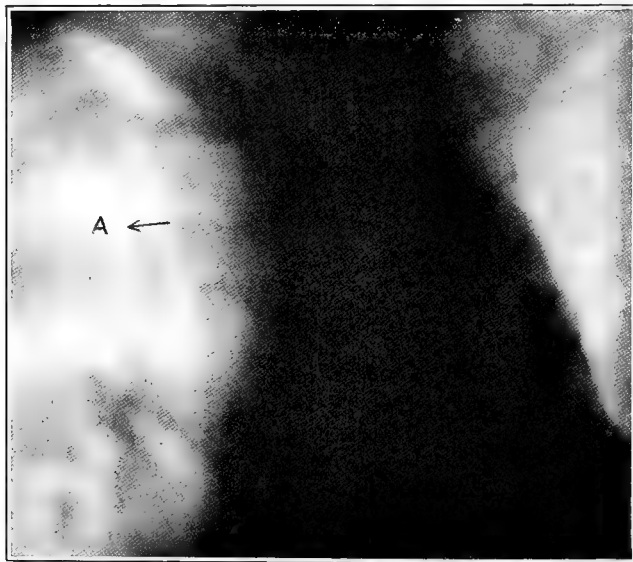


FIG. 48.—*A*, thymic shadow.

Prognosis.—The prognosis of an intrathoracic goiter depends upon many factors. A lateral intrathoracic goiter may sometimes cause pulmonary symptoms; a median intrathoracic goiter will compress the trachea anteroposteriorly, and consequently give dyspneic symptoms much earlier than the former one. Compression of the windpipe and of the bronchial tubes cause a stubborn catarrh which resists every medical treatment. Intrathoracic goiter more than any other is apt to cause choking spells, but one of the most tragic terminations of an intrathoracic goiter is “sudden death,” which will be discussed in the chapter on Goiter Death.

Even free of symptoms, an intrathoracic goiter is still dangerous to the patient because a hemorrhage may take place, an acute infection or a malignant degeneration may develop in it, and so endanger the life of the patient.

In skilful hands the prognosis of the cases treated surgically is excellent. Out of his last 77 cases of intrathoracic goiters, Kocher lost but 1 case. Autopsy showed advanced sclerosis of the coronary arteries of the heart.

CHAPTER IX.

GOITER DEATH.

IN patients suffering from tracheobronchial stenosis, any congestion of the respiratory apparatus or any physical exertion increases the shortness of breath; even talking taxes their strength to the utmost, and it is not unusual for them to stop in the middle of a sentence to get breath: inspiratory stridor is then more or less always present. With a little care, however, such patients may get along for years without choking spells, inasmuch as they adapt themselves to the smaller caliber of the trachea and to the diminished oxygenation of the blood; yet, disregarding the fact that such patients are more liable than others to have pneumonia, their lives are otherwise always endangered because a slight catarrh, or any other trifling cause, may determine a dangerous choking spell which may terminate in death.

Sudden death is one of the most tragic and often one of the most unexpected endings of those afflicted with goiter, especially with the intrathoracic variety.

One who has seen many goiter patients with choking spells knows, for instance, that these patients learn by experience that twisting of the head in certain ways increases dyspnea, whereas carrying the head in some definite manner makes respiration easier, because in so doing they unconsciously relax certain muscles, thus diminishing the direct pressure upon the goiter, which in turn allows respiration to take place more freely. If, however, during sleep they should make a false movement of the head so as to twist or compress the trachea, they at once awaken in need of air and try to find again the stereotyped position in which respiration is easier, and which Rose calls "*Die letzte Stellung.*" If they succeed, all well and good: the spell will soon be over. But if they do not, and if there is at the same time a congestion of the larynx and a catarrhal condition of the windpipe, and if there is added to this as the consequence of congestion an active and passive venous stasis in the goiter, which results in an increased volume of the goiter itself, and in turn in an increased pressure on the windpipe, then the efforts of the patient to get his breath are useless: the tracheal stenosis has become complete and death must ensue.

As said before, these choking spells and this type of goiter occur most frequently with the forms of intrathoracic goiter, among which the *plunging goiter* must be given due consideration. As we know, this

goiter has a long pedicle, and has a wide range of excursion, since it can wander from the cervical region into the mediastinal space, and *vice versa*. Suppose, now, that a sudden hemorrhage, or that an active or passive venous congestion takes place in that goiter, then at once the latter increases in size, and on that account can no longer escape the superior opening of the thorax: it becomes *incarcerated* behind the sternum. The tighter the incarceration the more marked are the congestive symptoms, hence the increased pressure upon the windpipe, hence suffocation and death. In fact, any sudden increase in the volume of any form of goiter is liable to cause sudden death. In pregnant women during delivery the violent efforts of expulsion cause an intense swelling of the goiter, which in turn compresses the windpipe. The same is true of sudden hemorrhages or acute infections taking place in colloid or cystic goiters. The same is true, too, of these intense venous congestions occurring in goiters of newborn babies. All these deaths occur by the same mechanism, namely, by the compression of the windpipe. This process is made worse by the spasmodic contraction of the cervical muscular belt, especially that of the sternocleidomastoid muscles acting as auxiliary muscles of respiration during the dyspneic spell. In such conditions the goiter plays the part of a hard ball pressed violently against the trachea. This is especially true in cases in which the cervical musculature has not yet undergone atrophy.

In some cases pressure on the windpipe and on the venous trunks is only moderate; the laryngotracheal catarrh is not marked; the inferior laryngeal nerves are not traumatized, yet during menstruation, pregnancy, physical effort, or on account of an increase in the volume of a goiter due to hemorrhage or infection, a brusque hyperemia and congestion of the laryngeal mucous membrane takes place and an *edema of the glottis* follows. The patient becomes cyanotic and fights for air; this suffocating spell may soon be over or may terminate in death. This form of sudden death has been especially observed in pregnant women, and very likely because the renal filter in pregnancy is often at fault.

But there are cases of sudden death in which there is no compression at all, where there is no softening of the windpipe, where the bronchial or tracheal catarrh is absent, where the renal function is normal, and where the cervical muscular belt has no murderous intentions, yet the patient dies suddenly of suffocation. "This acute choking spell without any tracheal stenosis surprises the patient," says Krönlein, "without warning, like a thief in the night." The patient may previously have had a slight shortness of breath or may have been entirely well; his voice may have been entirely clear; he may have been sleeping quietly, when suddenly he wakes and rushes to the window to get fresh

air. He can scarcely speak, and a long whistling stridor shows that the patient is in danger of choking. From this spell he may recover in a short time, or he may not.

In such conditions death is due to the *spasmodic contraction of the glottis*, through stretching of or pressure on the inferior laryngeal nerve by the goiter. As Kraus and Krishaber have shown, the choking spell due to compression of the inferior laryngeal nerve is not at all caused by paralysis of the nerve but by its excitation. When the nerve is paralyzed there is no longer danger of glottic spasm. Indeed, we know that the dilators as well as the constrictor muscles of the glottis are all supplied by the inferior laryngeal nerve. But we must remember, too, that the constrictors, being stronger than the dilators when irritation of the recurrent nerve following pressure takes place, closure instead of dilatation of the glottis occurs: hence *spasm of the glottis*. And let us not forget that pressure on the inferior laryngeal nerve does not need to be bilateral in order to cause this spasmodic condition, because the arytenoid muscle is an unpaired muscle. As Dieulafoy rightfully says, "This muscle, which arises from the posterior surface and outer border of one arytenoid cartilage and is inserted into the corresponding parts of the opposite cartilage, always has the same effect, namely, that of bringing its two insertions together when it contracts, thus closing the glottis." It is the only muscle in the organism which exerts its action simultaneously on both sides of a symmetrical organ. Accordingly, excitation of one of the recurrent nerves will determine, on the one hand, constriction of the interligamentous glottis by the action of the lateral crico-arytenoid muscles and of the thyro-arytenoid muscle on the corresponding side, and on the other hand, the complete occlusion of the respiratory glottis by the bilateral action of the arytenoid muscle. Respiratory and vocal troubles result from this combined action.

There are, however, cases of goiter death in which the laryngoscope shows an absolutely normal function of the vocal cords; the voice is normal; there is no sabre-sheathed trachea; compression of the windpipe is only moderate; symptoms of bronchial catarrh are lacking, and no plunging goiter can be incriminated, yet the patient suddenly drops dead without a sign of warning. Death occurs without a struggle. This is the "*Tod ohne kampf*" of the Germans and "*la mort sans phrases*" of the French. In such conditions death is absolutely unexpected; the patient, while talking, reading, or drinking, suddenly dies. It is a *goiter-heart death*; the heart simply stops. Of course tracheotomy is useless and medicine is powerless in the presence of such a tragedy. The postmortem will show a dilatation of the right ventricle, and dilatation and hypertrophy of the left ventricle, *fatty degeneration* of the cardiac musculature, *brown atrophy*, and *myocarditis*. These are the causes of death.

CHAPTER X.

CIRCULAR GOITER.

THE circular goiter is a goiter which surrounds more or less completely the trachea, or both the trachea and esophagus (Figs. 49 and 50). The inner portions of both lobes of the thyroid gland grow gradually inwardly until they come in contact, one with the other, thus forming a ring of glandular tissue in which the esophagus and trachea are caught (Fig. 51). Such goiters are found in the newborn as well as in adults, and are mostly of parenchymatous nature.

Symptoms.—Among the most striking symptoms caused by a circular goiter are dyspnea and dysphagia. On account of its anatomical relations, this form of goiter is easily liable to cause disturbances of the inferior laryngeal nerves. It also frequently causes sudden death. Circular goiter does not need to be very large to cause dyspneic symptoms. In 1854 Maurer reported a case of a child who was suffering from dyspnea. Examination of the neck did not present anything abnormal, yet the postmortem revealed a small, circular goiter encircling the trachea. While demonstrating anatomy at the Ohio State Medical College in 1915, I found a most striking example of circular parenchymatous goiter. The gland *in toto* was scarcely more than twice its normal size. From the inner and posterior angle of each lobe there sprang at sharp angles laminæ of thyroid tissue which passed behind the esophagus, and came in contact with each other. I was unable to ascertain if during the life of the patient symptoms were present.

Diagnosis.—Diagnosis is not always easy. When a parenchymatous goiter of moderate size causes dyspneic symptoms which seem to be out of proportion to the size of the goiter, and especially when one or



FIG. 49.—Congenital goiter. Natural size. Anterior view.

both inferior laryngeal nerves are involved, the possibility of a circular goiter should never be overlooked. Palpation may convey the

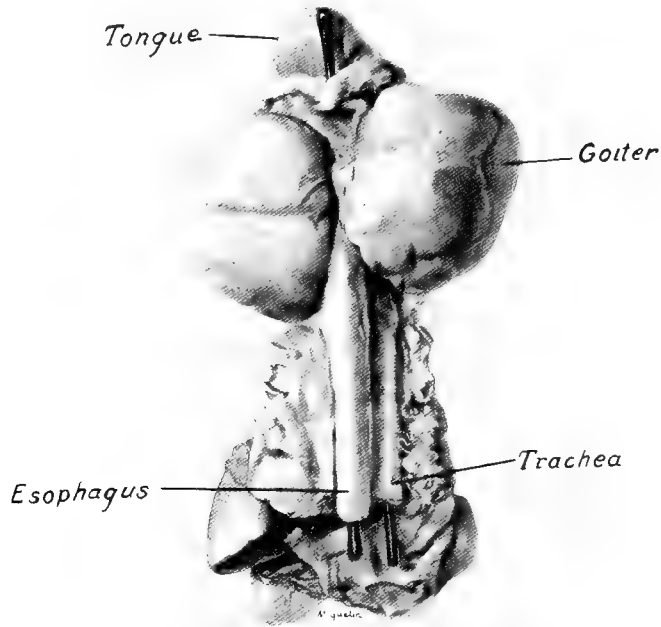


FIG. 50.—Circular goiter surrounding the trachea and esophagus. Autopsy of a newborn. Natural size. Posterior view.

impression that the lobes of the thyroid seem to disappear behind the esophagus and windpipe. Laryngoscopy, tracheoscopy, and esophagoscopy may reveal a circular compression of the esophagus and windpipe.

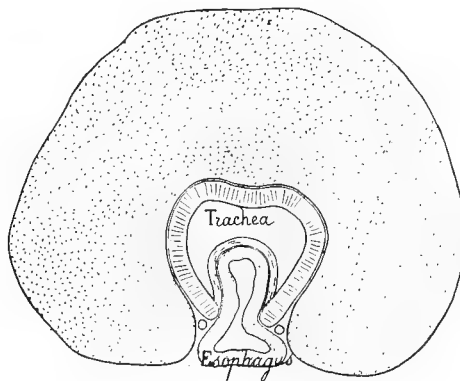


FIG. 51.—Pressure upon windpipe and esophagus by a circular goiter.

Treatment.—The treatment of circular goiter must be surgical. Great care should be taken to avoid injuring the inferior laryngeal nerves.

RETROTRACHEAL OR RETRO-ESOPHAGEAL GOITER.

This variety of goiter is developed at the cost of an accessory thyroid nodule, and is located behind the esophagus or windpipe. It is entirely independent of the main body of the thyroid. This form of goiter is rare and the main symptoms which it causes are dyspnea and dysphagia.

INTRATRACHEAL GOITER.

Intratracheal goiter is very uncommon. With this, too, women are much oftener afflicted than men, and every recorded case has occurred between the ages of twelve and thirty-five years. The only symptom which brings the patient to the physician is an increasing dyspnea which may develop quite rapidly in a few weeks or may take a slower course.

Laryngoscopy and bronchoscopy are the only two means of making a correct diagnosis. A subglottic tumor will be seen filling, to a more or less extent, the lumen of the trachea. It may be round, cylindrical, or oval in shape, with smooth surface, and covered by an intact mucous membrane. It is implanted by a broad basis on the tracheal wall. Its average size is about 2.5 cms. in length to 1.5 cms. in thickness, and it is nearly always located in the upper part of the trachea between the cricoid cartilage and the first five tracheal rings. Radestock, however, reported a case in which postmortem showed the tumor located at the mouth of the right bronchus. Intratracheal goiter does not seem to show predilection for any special portion of the walls, since it is found in the anterior, posterior, and lateral walls of the windpipe.

Suspicion of an intratracheal goiter will be aroused when dyspneic symptoms cannot be accounted for. If, in a young individual complaining of dyspnea, laryngoscopy and bronchoscopy show a subglottic tumor with smooth surface, round or cylindrical in shape, and with a broad basis, the diagnosis of intratracheal goiter can be made with great probability. As said before, the site of the tumor on the walls of the trachea is of no diagnostic value. Differential diagnosis will have to be made with other conditions as possibilities. Enchondroma is far more rare than intratracheal goiter. A mistake might possibly be made with a sarcoma, as it has, too, a broad, large basis and smooth surface, but the sarcoma grows very much more rapidly, and thus causes more intense dyspneic symptoms than the intratracheal goiter.

The origin of such tumors must be referred to embryonic residues included in the tracheal walls at the time of their development. In one instance, however, Paltauf showed microscopically that the intratracheal goiter in his case undoubtedly took its origin from a goiter developed in the isthmus of the thyroid gland, and which had penetrated through the tracheal walls.

CHAPTER XI.

CONGENITAL GOITER AND GOITER IN CHILDREN.

CONGENITAL GOITER.

IF systematic examination of the neck of all newborn were made, certainly many more congenital goiters would be detected than actually are. Congenital goiter was described for the first time by Fodéré in 1796. This author was already impressed by the relation which existed between congenital and parental goiters. Hausleutner, in 1810, Martin, in 1840, von Ammon, in 1842, Pflug, in 1875, devoted quite a good deal of attention to this question of congenital goiter and goiterous antecedents, but it is to Virchow and Demme that we owe the most careful study on this subject. Reviewing 642 cases of goiter, Demme found 37 congenital goiters; out of 2292 goiterous patients Diethelin saw 25 congenital goiters; out of 1996 goiters Richard found 43 cases of congenital goiter; and in 1909 Thevenot reported 133 cases of congenital goiter taken from the literature and from his own personal experience.

Vascular and parenchymatous goiter are the two most frequent varieties seen in the congenital form of goiter. *Colloid goiter* is very much less frequent. *Cystic goiter* is rare, but when present may attain enormous volume as in Hecker's case reported in 1868, where the tumor was so enormous that it prevented the normal course of labor. Addelmann and Hubbauer saw a congenital cystic goiter whose dimensions were $1\frac{1}{2}$ times the size of the head of the newborn. Every once in a while it has been found that the congenital goiter had undergone *sarcomatous* degeneration. Many of the congenital goiters reported in literature as being of very large size were, as a rule, *teratomata*. Such large tumors are not seldom associated with other pathological conditions resulting from malformations or retarded development as hare-lip, situs inversus, etc.

The etiology of congenital goiter is the same as that of ordinary goiter. In the *vascular form*, however, the mechanical influences during labor and delivery such as hyperextension of the head in face presentation, persistent occiput posterior positions, pressure on the fetus from uterine contractions, and prolonged labor and deliveries, intervene to a great extent as adjuvant etiological factors by increasing the congestion of the thyroid gland. On the other hand, congenital goiters have a great obstetrical interest. Situated between the chin and the sternum, they prevent flexion of the head during the passage of the fetus through

the pelvic route and hence cause face presentation. Sometimes, especially in shoulder or buttock presentations, the umbilical cord winds around the neck, thus increasing the congestion of the goiter. Finally, these congestive conditions are apt to occur during normal labor in conjunction with all pelvic deformities.

Parenchymatous goiter is, more strictly speaking, the true form of congenital goiter. The influence of heredity, especially on the mother's side, cannot be denied. Out of 53 congenital goiters Demme found that in 37 the parents had goiter, while in 23 cases the mothers alone were goiterous. Out of 43 cases Richard found 22 in which the mother had goiter, but in 1 only did he find goiter in both parents. In the 7 cases which I have seen and in the 9 cases reported by Rübsammen in each case the mothers had goiter. Furthermore, congenital goiter is far more prevalent in regions where goiter is endemic, but this is no longer surprising as soon as we admit that the causes which produce it are the same as the ones which produce endemic goiter. Syphilis or tuberculosis cannot be regarded as playing any part in the etiology of congenital goiter. Commandeur seems to think that congenital goiter is not found in primiparæ, as the 5 cases reported by him occurred in multiparæ. This statement, however, has not been confirmed.

Histologically the congenital goiter does not differ materially from the forms seen in adults except that its vascularization may be more intensely developed. Its volume is, of course, variable, but seldom exceeds the size of an egg. As a rule congenital goiter is entirely cervical; in some instances, however, it has been found intrathoracic. Congenital goiter may affect the *circular form* (Figs. 49 and 50), in that case it is most dangerous, as it may cause fatal spells of suffocation.

Symptoms. Every congenital goiter does not necessarily produce symptoms. Many of these goiters remain *latent* and subside rapidly with or without treatment. In other instances, however, they grow and finally attain a large size. These goiters, as a rule, are not the dangerous ones, because everybody is aware of their presence, and since their symptoms are not alarming there is plenty of time to apply medical treatment which, as a rule, is thoroughly successful. To be sure, they may disturb the little patient by their volume, and they may cause dyspnea and dysphagia; in the latter case the baby will refuse to nurse. In other more benign forms of congenital goiter, interference with respiration is only moderate and causes what is known as the *asthma neonatorum*. These cases, however, properly handled can be satisfactorily managed.

This is not true of the *fulminating forms* of congenital goiter. Oftentimes in that form of goiter the little child is born dead; if not, the accidents develop rapidly; cyanosis is intense; dyspnea is quite marked;

stridor with supra- and infrasternal tirage is present; the mouth and trachea are filled with mucus; the voice is hoarse; the wailing is weak, the cry rasping and shrill; the eyes are protruding, and death soon follows.

Treatment of Congenital Goiter.—To a certain extent the treatment of congenital goiter may be prophylactic. For instance, if to a goiterous woman who is known to have already borne goiterous children, thyroid extract is administered with caution during her pregnancy, the development of congenital goiter may be prevented.

When the swelling is mostly of congestive nature it soon retrocedes spontaneously; at any rate, ice applied over the region of the thyroid will be beneficial. When, however, the enlargement is mostly of parenchymatous nature, and when the symptoms are not too alarming, medical treatment should be started at once. The following iodine ointment is very effective and easily used:

Kal. iodat.	5.0
Aq. dest.	10.0
Lanolin	30.0
Vaseline	70.0
Tinct. of iodine	10 drops.

The 6 cases which I have seen, and which were so treated, responded beautifully to the treatment. It goes without saying that medical treatment will have no effect upon a cystic goiter.

When the child is born in a state of apparent death all the known means for resuscitating a baby should be employed. Warm baths for the lower half of the body and ice-water on the cervical region may be beneficial, while, as in one instance, the forward pulling of the lower jaw may put a stop to suffocation. Sometimes by grasping the thyroid tumor between the fingers and pulling it upward and forward, one may be able to bring back respiration. In that case pressure is due to incarceration of the goiter at the superior opening of the thorax. If this maneuver has succeeded the little patient may do better if he is kept lying flat on his back, with a pillow under his shoulders and the head in hyperextension.

If, however, everything has failed, one should no longer hesitate. A transverse incision should be made over the tumor, and the goiter liberated and resected, unilaterally or bilaterally as the case may be. If hyperplasia involves the isthmus more than the remainder of the gland, *isthmectomy* may be all that is necessary. If, at the same time, thymus hyperplasia is present, *thymectomy* must be done quickly.

It should always be borne in mind that the operation is in itself dangerous, as the little patients do not stand shock or hemorrhage.

Yet there is nothing else to be done. The mortality in the few cases that have been reported varies from 6 to 8 per cent. *Tracheotomy* is more dangerous, and, as a rule, fatal on account of the bronchopneumonia which follows. Furthermore, if we remember that in such conditions the trachea is covered by an enlarged, congested isthmus, extending from the larynx to the sternum, and through which one will have to go, and if we remember that below there are the thymus and the innominate, and that in children the windpipe is small, soft and easily eludes the knife, and if, finally, we remember that the operation must be done quickly, since the child is dying, then anyone will easily understand that tracheotomy under such conditions is one of the most difficult operations a surgeon can be called upon to perform.

GOITER IN CHILDREN.

Goiter in children is not at all rare, especially in regions or countries where goiter is endemic. As in adults, so in children, all varieties of goiter are found; the parenchymatous form, however, is more frequently seen than any other. Goiter may be localized to one lobe only or it may involve the entire gland. When nodular the goiter originates nine times out of ten in the right inferior pole. The nodules may be unique or multiple. The goiter may even be intrathoracic.

Simple goiter in children must not be considered as a mere incident. It is often accompanied by a constitutional syndrome showing a general depreciation of the little patient. As a rule these children are below the standard of health and development; they look frail and become fatigued easily. So far as treatment is concerned the same rules apply as those for any goiter seen in adults.

CHAPTER XII.

SIMPLE GOITER AND PREGNANCY.

DURING *pregnancy* the thyroid gland undergoes nearly always an increase in volume which remains more or less marked all through the puerperal period. According to Seitz, this increase in volume occurs in 65 to 90 per cent. of all cases of pregnancy. Out of 718 pregnant women seen by Rübsammen, 89.5 per cent. of the cases showed a glandular enlargement. According to Lange, thyroid hyperplasia in pregnant women was found in 108 out of 133 cases, and when goiter existed previously it always increased in volume during pregnancy. Von Graaf examined 654 pregnant women during the second half of their pregnancy; 48.7 per cent. of them showed a thyroid enlargement. The same author, examining 256 pregnant Viennese women, found that 44 per cent. of them had goiter. Of course many of these women had had goiter prior to their pregnancy. This, however, does not disprove anything, since he then found that 38.5 per cent. of these goiterous women showed a marked increase in the volume of their goiters during pregnancy and delivery. According to Freund and Lange, hyperplasia takes place sooner in multiparæ than in primiparæ; it appears in the fifth month in the former and in the sixth month in the latter. It begins to retrocede a few hours after delivery and keeps on decreasing in size for weeks after. The thyroid, however, never returns to its normal size. *Lactation* seems to be devoid of any influence over the volume of the thyroid.

The increase in volume is due to hypertrophy and hyperplasia of the parenchymatous elements; colloid and cystic nodules, when present, are only slightly involved. According to Seitz, the increase in volume is due to the action of placental products upon the thyroid. This glandular hyperplasia appears to be intended to destroy the products of auto-intoxication and changes in the serum caused by pregnancy, and it seems that women who do not show any hyperplasia of the thyroid are very apt to have albuminuria and eclampsia afterward. That the latter part of the supposition is not simply based on coincidence was shown by Lange. Indeed, if in non-pregnant cats one-fifth of the thyroid is removed, no ill effects whatever are observed, but if the cats are pregnant the same operation causes at once albuminuria and nephritis. Thyroid opotherapy undertaken in such animals causes the symptoms to retrocede at once. Nicholson obtained the same results; the treatment with thyroid extract of four pregnant women with albuminuria

and eclampsia gave very good results. Seitz, Döderlein and others believe, however, that eclampsia is of parathyroid origin. Whatever the cause may be we must admit that the thyroid hyperplasia in pregnancy is a physiological process, most likely intended to deliver the organism of waste products taking their origin in the mother and in the child. Perhaps, too, this hyperplasia is intended to counterbalance the temporarily lost function of the ovary.

In the majority of cases during labor, and especially during delivery, the goiter increases materially in size. Sometimes it acquires such dimensions that bursting of the neck seems to be imminent. Dyspnea and cyanosis are very marked. It is seldom, however, that the dyspneic symptoms become such as to necessitate surgical intervention. During labor and delivery pains, on account of the pressure from the goiter, the carotid pulse disappears, as shown by taking the pulse at the temporal artery. Guyon considers this phenomenon as an attempt of nature to regulate the cerebral circulation. In goiters of long standing the goiter-heart is always present and must be regarded as a bad complication. In other conditions tachycardia may become a very troublesome and alarming symptom.

Treatment.—In all pregnant women the condition of the thyroid should receive careful attention. If this gland is found manifestly enlarged or altered, and if evidence of thyroid insufficiency is found, the active principle of the gland in some available form should be administered. On that point everybody agrees. *Small doses* should be given, and may be continued for several weeks or months.

As it has even been found that thyroid opotherapy started in the early period of pregnancy prevents thyroid hyperplasia, and furthermore, as it has been shown experimentally that it prevents albuminuria and nephritis in pregnant thyroidectomized cats, it might be worth while to undertake a series of experiments in order to find out if it would not always be advisable to feed pregnant women with thyroid extract, in order, possibly, to prevent some of the dreaded complications of pregnancy as albuminuria, eclampsia, etc.

In every case of pregnancy complicated with goiter, be it simple or thyrotoxic, or both together, the wishes of the parents regarding the life of the child should always be carefully ascertained, and the situation explained to them. Where children have been lost previously, and the parents are desirous of offspring, all possible means should be used to continue the pregnancy without, of course, undue risk to the mother. As soon, however, as pregnancy is terminated the physician or obstetrician should consider it one of his first duties to have the patient seek surgical advice and treatment in order to remedy permanently the thyroid condition.

When pregnancy complicated with simple goiter only has reached an advanced stage no one should become unduly alarmed, the course of the pregnancy should be allowed to go on, and in the great majority of cases everything will terminate to the entire satisfaction of the patient as well as of the attending physician, even if during labor dyspnea and cyanosis seem to threaten at first to become alarming. If, however, on account of that goiter the patient has previously lost a child, and if the symptoms have been such as to endanger the life of the mother, *elective Cesarean section before labor* should be selected.

In cases in which, before labor, the dyspneic symptoms are marked, and when there is congestion of the cervical region with "caput medusæ" highly developed, it is logical to assume that dyspnea will be greatly increased during labor. In such conditions, elective Cesarean section can be made before the labor pains have started. If labor and dilatation are already far advanced, *puitrin*, judiciously administered, may greatly accelerate labor and shorten its duration. If dilatation is more or less complete, forceps may be necessary. If dilatation is not far enough advanced, but engagement is well started, a vaginal Cesarean section may save both mother and child. As in these cases the sole object of surgical intervention is "to do everything quickly," the induction of labor with elastic bags is, of course, to be rejected, as it is too slow and too uncertain a process, and adds to the mother's nervousness, and, furthermore, exposes her to rupture of the uterus in delivering a child through a partially dilated cervix.

Thyroidectomy in such conditions should be undertaken only as a necessity, as the operation is rendered extremely difficult by the enormous active and passive congestion of the entire cervical region; furthermore, the thyroid during pregnancy is in a state of compensatory hypertrophy, consequently, it is difficult to judge how much gland should be removed and how much should be left. Thyroidectomy will be a much safer process after the obstetrical period is over.

Tracheotomy must be considered only as a life-saving device.

In all these cases the administration of an anesthetic is a very serious matter, and should be given the greatest care and attention, for it may prove disastrous. When possible, surgical intervention should be done under local anesthesia.

CHAPTER XIII.

CLINICAL ASPECT OF MALIGNANT GOITERS.

IN 90 per cent. of the cases, malignant goiter develops in an already preëxisting goiter; consequently it is more frequently found in regions where goiter is endemic. A malignant tumor developing in a normal thyroid is rare; it is nearly always a tumor of connective-tissue origin, as sarcoma, endothelioma, etc.

Malignant degeneration of goiter occurs mostly between the ages of forty and sixty years. To be sure, cancerous goiters have been found in younger people, even in children ten to twelve years old, but these cases are certainly not common. If we glance over Schmidt's, von Straaten's, Carranza's, and Carrel's statistics we find that:

- 24 occurred from 20 to 30 years of age = 5 per cent. of all malignant cases;
- 91 occurred from 30 to 40 years of age = 19 per cent. of all malignant cases;
- 219 occurred from 40 to 60 years of age = 44 per cent. of all malignant cases;
- 76 occurred after 60 years of age = 16 per cent. of all malignant cases.

Sarcoma is more frequently found in young people, cancer in old ones. Malignant goiter is more frequently found in women than in men, and occurs mostly at the menopause, hence the *absolute necessity of removing any goiter which begins to grow at that time of life*. Infectious diseases seem to have a certain etiological influence on the development of malignant tumors of the thyroid. It is not so infrequent, for instance, to find that malignant degeneration follows an acute spell of grippe.

Relations to Surrounding Structures.—In advanced malignant goiters the skin is infiltrated, swollen, adherent to the deep layers, and is sometimes of a livid red, while underneath the veins are dilated, even thrombosed. The diffuse malignant infiltration may extend to the neck, muscles, and other cervical organs.

In the majority of cases the deformations of the larynx and trachea found in malignant goiter, as compression and deviation (Fig. 52), existed previously and were started by the goiter itself. To be sure, such deformations may have become more accentuated since the malignant degeneration of the goiter occurred, but they are not typical of malig-

nancy. The only feature which is characteristic of malignancy is the *invasion* of the tracheal walls by the tumor; in advanced cases it may even perforate them. Of course this perforation is facilitated by the previously existing atrophy of the windpipe due to the pressure from the goiter itself.

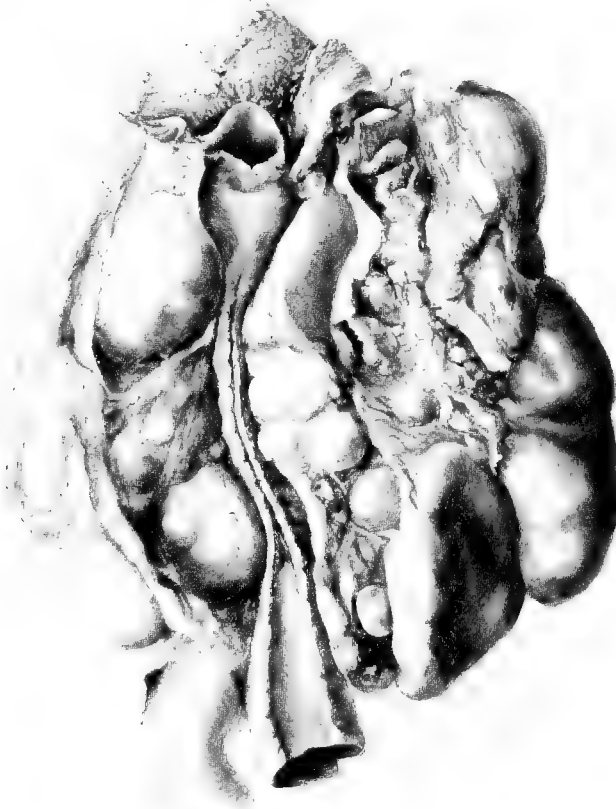


FIG. 52.—Pressure upon windpipe by a malignant goiter.

The esophagus, too, becomes involved by the malignant degeneration. It seldom becomes perforated by the tumor. Compression may become so marked as to reduce considerably the size of the esophageal canal, hence dysphagia, and in the last stage, starvation.

The carotid sheath is usually found adherent to and choked by the tumor. In advanced stages the malignant infiltration may involve the large vessels, erode them, and cause a fatal hemorrhage, as in the cases reported by Oser, Lebert, and Coulon. Such termination, however, is exceedingly rare. Less resistant than the arteries, the veins are frequently invaded by the malignant tumor, and it is not infrequent to

find them perforated and filled with cancerous masses. In one of my cases in which the cancer extended deep downward into the mediastinal space, not only the imæ and jugular veins were thrombosed, but the carotid and the vagus were also involved, so that dissection was wholly impossible; veins, arteries, and nerves had to be removed with the tumor. In another case I found the junction of the subclavian and jugular veins completely thrombosed and perforated by the tumor.

When malignancy has reached a certain stage, one or both inferior laryngeal nerves will nearly always be involved. The one on the left side is more often involved than the one on the right side. Both nerves may be involved at the same time. As told above, the *vagus* and *sympathetic* nerves may become so embedded in the tumor that their removal with the tumor is rendered necessary. This removal, however, does not materially influence the immediate postoperative prognosis, especially when resection is unilateral.

In cancer the involvement of the lymph nodes takes place early. The ones which are affected at first are the cervical, found along the carotid sheath; only later, the mediastinal lymph glands become involved. As a rule malignant lymph nodes are small, round, hard, and form a chain along the carotid sheath. In a later period they grow and fuse together with the goiter itself. In some forms of malignancy the lymph nodes are large, soft, and remind one of a malignant lympho-adenoma. Involvement of the lymph nodes in some forms of malignancy may be totally absent.

Course and Symptoms.—The development of cancer may be *acute*, *subacute*, or *latent*.

In the *acute* or *fulminating* form the development of the malignant tumor is extremely rapid. In three or four weeks it may reach such a development so as to cause alarming symptoms of suffocation, since the tissues soon become caught by the diffuse, malignant infiltration. This form of malignant tumor occurs in young people, and is often mistaken for acute thyroiditis. It is often impossible to differentiate it clinically from woody thyroiditis.

In the *latent* form the gland is hardly modified in form, size, and consistency, but numerous metastases are found in the lungs, bones, etc. The thyroid origin of such metastases is usually discovered at autopsy or when the microscopic examination happens to be made from a lump removed by operation. This form of malignancy is rare.

Usually the development of malignant tumor follows the *subacute* type. It occurs in patients who previously had goiter, which may have been stationary for years. Some day, however, without any apparent cause, it begins to enlarge and to grow with comparative rapidity. It soon interferes with respiration, the voice becomes rough, harsh and

rapidly bitonal; deglutition is slightly difficult; shooting pains especially toward the ear and along the cervical and brachial plexuses are complained of. Little by little the limits of the goiter are less sharply outlined; the tumor becomes adherent to the muscles and other neighboring tissues (Fig. 53) and grows downward toward the mediastinal space. The goiter loses its previous softness and becomes *hard*. This is a symptom of great diagnostic value.

Gradually respiration becomes more difficult, a barking cough is frequent, and paroxysmal choking spells soon dominate the scene. These suffocating spells are always horrifying to witness. The face and

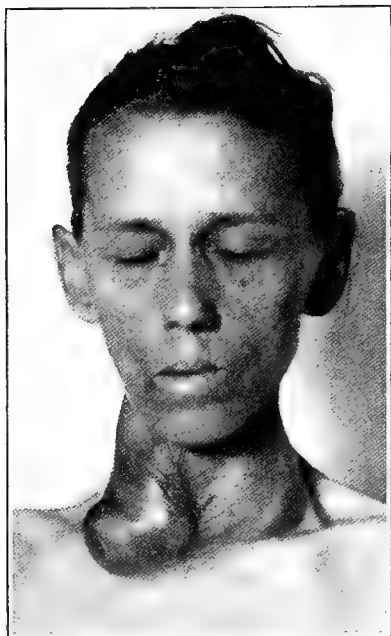


FIG. 53.—Malignant goiter beyond operative stage.

neck are congested; the veins are distended; the eyes protrude, and the patient makes desperate efforts to get his breath. His hands massage his neck as if he were trying to remove the pressure. The choking spells succeed one another, and gradually the tracheostenosis grows tighter (Fig. 52), the tracheobronchial catarrh becomes more and more tenacious, and finally the end comes.

Percussion, auscultation, *x*-ray, and laryngoscopic examination will give the same information as that of intra-thoracic goiter.

On the anterior and superior portion of the thorax when the malignant tumor has already progressed beyond a certain degree, there is a collateral circulation, showing that the return flow of blood toward the heart is impaired.

At the same time edema of that entire region may be present, and especially when the superior vena cava has been involved. Sometimes one may run across a cancer of the thyroid in which pulsations synchronous with the heart beat are distinctly perceived, so much so that one thinks of an aneurysm. This is due to the fact that the veins of the thyroid, being thrombosed to a more or less extent, the return flow of blood is greatly impaired, and the impact of each new arterial arrival of blood is strongly transmitted through the congested and solid tumor. This form of cancer is called *aneurysmal cancer* (Figs. 54 and 55).

Dysphagia is among the first symptoms to betray the presence of cancer of the thyroid. Not infrequently this compression is accom-

panied by spasm of the esophageal musculature. In such conditions, the swallowing of liquids, especially when cold, is as difficult as the deglutition of solid food.

Compression of the inferior laryngeal nerves, of the vagus and especially of the sympathetic is frequently seen in malignant tumors of the thyroid. Symptoms caused by the injury of each one of these nerves have been studied when describing intrathoracic goiter, consequently, there is no need to go over them again. Not infrequently patients complain of intense neuralgia in the arm, fingers, and occipital region of the side corresponding to the tumor. These shooting pains are due to compression of the cervical and brachial plexuses.



FIG. 54.—Malignant vascular goiter.

FIG. 55.—Two weeks after operation.

Metastases must be carefully looked for; they may be found, or at least suspected, especially in the skeleton and lungs.

The blood formula in malignant tumors of the thyroid does not differ in any way from the one found in malignant tumors of other organs.

Symptoms of thyroid insufficiency in connection with malignant degeneration of the thyroid are not so frequent as one would expect. The reason for this is mostly because the entire gland is seldom involved. There remains nearly always enough gland to meet the physiological requirements. And then, too, we know that malignant cells of the thyroid have not lost their physiological properties: they are still capable of normal function.

Symptoms of hyperthyroidism, as tachycardia, tremor, even exophthalmos, have been noticed quite frequently in connection with malignant tumors.

Diagnosis.—When no tumor is seen in the cervical region, diagnosis is difficult. In that case all the symptoms discussed in the chapter on Intrathoracic Goiter must be searched for. Diagnosis of a malignant intrathoracic accessory thyroid gland is seldom thought of. In differential diagnosis between tuberculous lymph nodes, malignant branchioma, cancerous lymph glands symptomatic of cancer of the esophagus, pharynx, or even stomach, aneurysm of the aorta will have to be discussed. Too often, however, the true diagnosis becomes patent only at the operation.

Very much easier is the diagnosis of malignant degeneration of the thyroid gland when a tumor is present in the cervical region. In that case we have to deal with a patient who has had a goiter before, and which may not have given him any trouble thus far. Some day, however, without any apparent reason, the goiter begins to grow rapidly, and soon interferes with respiration and deglutition. Note, furthermore, that the patient is of middle age, that perhaps it is a woman undergoing menopause. Note, too, that the goiter has lost its softness, and has become irregular in surface and peculiarly hard in consistency. This is enough to warrant a diagnosis of malignancy. If we add to this, that the goiter has lost its sharp limits, that shooting pains are present, that the inferior laryngeal nerve has become involved, then the diagnosis of malignancy becomes more or less certain.

Rapid increase in volume of a goiter, which has remained inactive for a long time, and *changes in its consistency*, are two excellent signs of malignant degeneration. What is true of the uterus is true, too, of the thyroid. If after menopause has taken place, a uterus which has remained in a quiescent state for some time, begins without apparent reason to bleed, the chances are great that we have to deal with a malignant degeneration of that organ. The same is true of the thyroid. If a goiter, after a period of apparent inactivity, begins to grow, we must be on the lookout for every symptom tending to betray the malignancy of such a change.

Hemorrhages taking place at different intervals in a goiter might convey the impression that some malignant changes are taking place in that goiter, as there, too, we shall find a rapid increase in volume, hardness in consistency, slight diffuseness of its limits, shooting pains, slight temperature, etc., but further development will very soon show (in a few days) which one of the two conditions (hemorrhage or malignancy) we have to deal with. Actinomycosis, tuberculosis, and syphilis might cause the same, but these conditions are far more rare than malignant degeneration. The woody thyroiditis spoken of in the chapter on

Strumitis might be mistaken for a malignant degeneration, but the mistake will be only beneficial to the patient, as an early operation may save his life.

Differential diagnosis between carcinoma and sarcoma of the thyroid is not always easy. Sarcoma, as a rule, grows more rapidly, reaches larger dimensions, is softer and has a smoother surface than carcinoma. In sarcoma the skin is less adherent and its limits are not quite as diffuse as in cancer.

Treatment.—There is only one treatment—the *knife*. All the other means are palliative measures only, and all are disappointing. Even the “knife” does not always fulfill its promises; we might even say that it seldom does. Let us hope, therefore, that the time is not far distant when biological chemistry will give us an easier and more effective measure than surgery, capable of curing this terrible disease.

Why is it that cancer of the thyroid as well as cancer of other organs has been for so long considered beyond surgical reach? Simply because all these cases are operated *too late*, hence disastrous immediate results; hence high mortality. We have in late years learned to know that cancer can be fought with some chances of success if it is operated early, namely, before the capsule of the gland has been invaded, before the veins have become thrombosed, and before the lymphatic glands have become involved. When the neoplasm is so encapsulated that it has not yet spread outside of its capsule, and consequently, has not involved the neighboring tissues, the chances for a happy outcome are good; at least, we can hope that the patient will enjoy a comfortable and peaceful life for a year or two before any relapse occurs. Even that gain, though short, is it not worth our utmost efforts? Life is not so long after all that we should squander it lavishly.

We can properly say that the outcome of a cancer case lies within the power, not of the surgeon, but of the family physician. He is the one who sees these cases first; he is the one to treat them for months and months for simple goiter, before he realizes that something very serious is undermining his patient. He is the one who should consequently be educated to know such conditions, to differentiate them, and to make a very quick decision when once his doubts have been aroused. Every physician should always have in mind the possibility of a cancer in connection with any tumor. This possibility should haunt his brain in every case: he should be a “cancero-maniac.” The satisfied and dangerous optimism which is too often found, and which unfortunately too frequently finds its excuse in ignorance, should be discarded and replaced by an alarming pessimism. In that state of mind, the physician will be able to catch the significance of any slight physical change in the tumor, the meaning of any apparently slight and insignificant symp-

tom. Too often, indeed, these little prodromic symptoms are not paid enough attention, yet they exist. It is for us to train our senses to perceive them, and to utilize them for early diagnosis. Cancer, as a rule, does not appear like a thunderbolt in a clear sky, nor does a volcano emit its devastating lava without betraying its intentions by some previous uneasiness, some premonitory, earthly rumbling. To be sure, sometimes the early development of a cancer is insidious; in that case we are powerless. Then, too, the patient is too often guilty of an unpardonable negligence against which he should have been educated. Cancer is one of the few conditions in which it is not necessary to wait until diagnosis is certain. *Suspicion* is enough to warrant surgical intervention. When we have to deal with a patient of middle age whose goiter, without any apparent reason begins to grow, to cause some shooting pains, to become hard, especially if this patient is a woman about the time of menopause, why wait until the entire cervical region has become as hard and rigid as a board, until the patient is choking to death, in other words, why wait until it is too late to operate? In a great many such cases an early operation, even when the diagnosis of cancer is still uncertain, will strike the neoplasm in its embryo, so to speak, and cure the patient. Even if an operation should be performed for a condition, which, later on, proves not to be malignant, no harm will be done, as the patient will be relieved of his goiter, and may be saved from a future malignant degeneration of that tumor. Expectation and procrastination can only be fatal. They allow the newly starting neoplasm to reach a stage beyond which the words of Dante sound like a terrible condemnation: "Lasciate ogni speranza voi ch' Lose all hope, you who"

In operations for cancer of the thyroid *large incisions* must be used. The surgeon must be able to have a good view of the field, and an easy access to the organs. There is no need to increase the difficulties of the operation by a narrow incision. Cosmetic results are of secondary importance.

If the neoplasm is still within the capsule and has not reached it, the operation will be a simple one; it will not offer more difficulty than the ordinary goiter. If, however, the malignant tumor has invaded the capsule and the neighboring tissues, the operation becomes extremely difficult. It may necessitate large sacrifices, as the resection of the internal jugular vein, the common carotid, the sympathetic and vagus nerves. The windpipe and esophagus may be so adherent as to necessitate their partial resection. The lymphatic glands and the tumor itself may extend so deep behind the sternum as to render a radical operation impossible. In such conditions the immediate results are disastrous; the mortality is very high, and, according to the statistics of Brown-

Potter, in 1900, the total mortality for thyroid operations for cancer varied between 72 and 85 per cent., according to the stage of the development of the cancer. In such conditions not infrequently relapse of the tumor is noticed already a few days after operation. In the most favorable cases, however, relapse occurs only two or three years after; exceptionally it may not appear at all, as in the cases of Roux and Kopp in which relapse had not occurred six years after an operation for a cancerous goiter in which a partial resection of the trachea had proved necessary. In 1900 Madelung reported 100 cases of malignant tumor of the thyroid; 59 times death followed the first month after operation; 39 times relapse occurred in the sixth month after operation while in the 2 remaining cases death occurred later.

When the malignant degeneration involves both lobes, and when the necessity of a complete removal of the tumor subsists, the surgeon must not hesitate to sacrifice the entire gland regardless of the myxedematous consequences. Between the two evils, better choose the lesser one. Myxedema, if it does occur, can be easily taken care of by thyroid opotherapy. On the other hand, total thyroidectomy does not necessarily expose the patient to hypothyroidism, because accessory thyroid glands may be present which may be capable of supplying the deficiency of the removed thyroid. Sometimes unsuspected metastases may be present; we know that such metastases are physiologically active, as illustrated by the well-known case of von Eiselsberg's.

Concomitant unilateral resection of the internal jugular, of the common carotid, of the sympathetic and vagus nerves, with the tumor seems to be without importance so far as the postoperative course is concerned.

When the malignant degeneration has spread throughout the entire cervical region, and when the cervical organs have become embedded in a hard, diffuse, cancerous gangue, no relief should be expected from surgery. The patient has to be more or less abandoned to his fate; at the most, relief may be sought through some palliative treatment. Among the most important of these palliative forms of treatment are *x-ray*, *radium* and *tracheotomy*.

Tracheotomy has proved extremely disappointing, so much so, that there are surgeons who prefer to let their patients die their own death. Such views are to a certain extent warranted, because tracheotomy in such conditions is an extremely difficult operation. The veins are enlarged and dilated; the skin is infiltrated; the cancerous mass surrounding the trachea is thick, hard, and non-elastic; the trachea itself is compressed, displaced, invaded by the tumor and rendered hardly recognizable (Fig. 52). Add to this, that the patient is choking, that the operation must be done quickly without anesthesia, you will then

understand why a surgeon might hesitate before attempting tracheotomy. Such difficulties, however, should certainly never deter a surgeon worthy of the name, if the results expected from such an intervention are thought likely to be satisfactory. But as said before, results are very disappointing. A great many patients die during the operation, a great many others die a few hours after, and many of those who survive, die a few days after, either because compression of the windpipe takes place low in the thorax, or because bronchitis or bronchopneumonia follows.

When *dysphagia* is very marked, feeding of the patient must be done with an esophageal canula. Gastrostomy may become necessary.

HYPOTHYROIDISM—MYXEDEMA.

Synonyms.—Cachexie pachydermique; Cachexia Thyroidea; Cachexia Thyreopriva, or Strumipriva.

In 1875 William Gull reported to the Clinical Society of London 5 cases of a disease characterized by a swelling of the skin, and a more or less complete apathy of the patient. The title of his paper was, "A Cretinoid State Supervening in Adult Life in Woman." (*Clinical Society Transactions*, Vol. 7.)

William Ord, in 1877, published 6 other new cases which he called myxedema on account of the edematous infiltration of the skin. Charcot, in 1879, reported other cases, and called the disease, "cachexie pachydermique." All the cases reported up to this time were found in women only.

Savage, in 1880, was the first to report a case of myxedema in the male. In the same year Madden called attention to the fact that in myxedema an atrophy of the thyroid gland was constantly present, but he did not see any etiological relation between these two conditions. He thought that atrophy was due to a vasoconstriction of the gland itself.

At about the same time Kocher, of Berne, and Reverdin, of Geneva, called attention to the results supervening after complete removal of the thyroid gland. Kocher gave to the clinical syndrome resulting from complete thyroidectomy the name of *Cachexia Strumipriva*; Reverdin called it *Operative Myxedema*.

The Kocher-Reverdin Controversy.—The publications of Kocher and Reverdin, appearing so nearly at the same time, have given rise to a long discussion as to whom the priority of the discovery really belongs. As the subject, so far as I know, has never been threshed out in English medical literature, and as it seems only just to give to each the credit to which he is entitled, I think it will be of interest to go to the bottom

of this controversy. The medical public shall be the judge. Here are the facts:

1. In 1874 Kocher published a case in which after total extirpation of the thyroid, psychic and physical disturbances followed. In reporting the case in his "Pathologie et Therapeutique du Goitre," published in the *Deutsche Zeitschrift für Chirurgie*, Kocher said, "The future will show if relations exist between total extirpation of the goiter and the subsequent status of the patient, and what their nature will be."

2. On the 7th of September, 1882, while going to Geneva to attend the Congress of Hygiene, Kocher happened to meet Jacques L. Reverdin. Their conversation naturally drifted to surgical matters, and among them, goiter surgery. When asked by Reverdin if he had noticed anything out of the ordinary after his goiter operations, Kocher said that he had seen one of his patients sink into a marasmic condition similar to cretinism, and that he was endeavoring to find the cause of such conditions, as it might prove of great importance so far as surgery of goiter was concerned.

3. Six days after this conversation Reverdin made a short communication to the Medical Society of Geneva which I shall transcribe *in extenso*: Out of 14 operations for goiter there were 3 deaths, one from pneumonia, one from nervous symptoms, and the third, a malignant goiter, from suffocation. In patients who recovered, Reverdin noticed two or three months after the operation, weakness, paleness, and anemia; two of them showed an edema of the face and hands without albuminuria. In one patient the pupils were contracted; this patient had a dejected appearance, and his face became similar to that of a cretin. In the majority of patients this condition took a long time before disappearing, and in three of them this condition was still present after one year. Reverdin mentioned the fact that nobody had described such a condition before, but that Kocher a few days ago had told him that he had observed one similar case. "*Is this condition,*" asked Reverdin, "*due to traumatism of the sympathetic nerve, or to disturbances of the thyroid gland in its hematopoietic function?*" On account of such results Reverdin states that he has modified his technic. He used to perform total thyroidectomy when this was possible; now he saves a portion of the capsule of the gland. In one case where one lobe only of the thyroid had been removed, no secondary symptoms followed.

4. On the 4th of April, 1883, Kocher reported the results of 101 operations for goiter at the Surgical Congress of Berlin. In this communication Kocher gave a masterly description of a condition which he called *cachexia thyreopriva*. This description based on about 30 cases of cachexia thyreopriva was so completely and so clinically true that nothing of importance has been added to it since. Not only did Kocher

give a full clinical description of that condition, but he also went a step further and recognized as an etiological factor of the disease, total thyroidectomy, and that physical as well as psychic disturbances seen in patients were due to a lack of thyroid function. With his marvelous and exquisite clinical sense, he claimed that there was a direct relation between thyroid insufficiency, cretinism, and idiocy.

5. On the 15th of April, 1883, namely, 11 days after Kocher's paper at the Surgical Congress of Berlin, Reverdin, in the *Revue Médicale de la Suisse Romande*, began the publication of an article which was continued in the same journal on the 15th of May, 1883, and again on the 15th of June, 1883. These publications have since been united in one fascicule with the date, "April 15th, 1883." on the cover. This fact might mislead the judgment of the reader who is not aware of the combination of articles appearing in three different successive months and given the date of the first article. I shall summarize these three articles.

6. In the first portion of the article in the *Revue Médicale* of the 15th of April, 1883, his first article, Reverdin discusses the etiology and symptomatology of goiter, and their relations to the neighboring tissues. Then follows the report of 9 operations for goiter. In Case 8, a few months after total thyroidectomy, this eminent surgeon noticed an edema of the face and hands, loss of strength, and dejected appearance. The other cases in which total thyroidectomy had been performed, and which survived, were all reported as being in *excellent condition*. No other reference to myxedema was made.

7. In the *Revue Médicale de la Suisse Romande* of the 15th of May, 1883, his second article, Reverdin adds the report of 13 other cases, making 22 in all, of goiter operations. In the fourteenth case which had undergone total thyroidectomy, Reverdin was told by the family that the patient had lost strength and had swollen face and hands. As Reverdin saw this patient only from afar on the street, he could not control the truth of such statements. However, in April, 1883, when revising his cases, Reverdin did see him, and then the patient had completely regained his health. In Case 16, soon after total thyroidectomy, *tetany* occurred, which Reverdin considered as a symptom of hysterical origin. (At the time the real significance of tetany was not known.) Some time after the operation the patient became afflicted with "troubles bizarres." He gave no other description of these symptoms.

Thus out of 22 operations, 17 were total extirpations; 2 deaths occurred; 3 cases showed some peculiar symptoms which we know now were of myxedematous origin; all the other cases were reported in *excellent condition*.

Summing up the results of his operations, Reverdin concluded the

article of May 15, 1883, in the following manner: "Total extirpation of the thyroid in goiter presents great advantages. It prevents relapse; when the gland presents several nodules of colloid or cystic nature, if the larger ones only are removed, the other small nodules are bound to grow, hence relapse of goiter. Total extirpation becomes a necessity when a diffuse, parenchymatous degeneration involves the entire gland. In such conditions partial thyroidectomy is not practicable. When the entire gland is pathologically involved, and when the condition of the patient does not warrant total extirpation in one sitting, total extirpation of the gland must be made in two sittings. Another advantage of total extirpation is to leave a large, clean cavity which heals up more readily than the one left by partial thyroidectomy. In the latter condition mortification of the glandular tissues left prevents prompt healing. On the other hand, total extirpation is more dangerous than partial thyroidectomy because the inferior laryngeal nerves are more easily injured."

On page 273 of the same article of the 15th of May, 1883, when speaking of partial extirpation of the thyroid, Reverdin says, "Partial extirpation of the thyroid is not a method of choice, but a method of necessity." In Case 19 Reverdin decided to perform a partial thyroidectomy because of the condition of the patient and says, "One might be driven against his will to perform a partial thyroidectomy. In conclusion when it is possible, total extirpation is certainly better so far as relapse is concerned; however, there may be cases in which prudence may oblige the surgeon to choose partial thyroidectomy before or even during operation." The great advantage as seen by Reverdin in partial thyroidectomy is to diminish the chances of injury to the inferior laryngeal nerves. *No reference whatsoever to myxedema.*

8. In the *Revue Médicale de la Suisse Romande* of the 15th of June, 1883, his third article, Reverdin deals at length with the results of thyroidectomies, giving supplementary information of Cases 8, 10, 11, and 14, which are cases in which myxedematous symptoms occurred after total thyroidectomy. (Why was such supplementary information not given before with the report of the cases, if such cases were really intended at the time to serve as the clinical working material from which the description of operative myxedema was to be derived?) In the same article Reverdin admits having read the résumé of Kocher's communication to the Surgical Congress of Berlin on the 4th of April, 1883, and then gives a splendid description of the condition which he calls *Operative Myxedema*. In that article he clearly establishes the analogy existing between spontaneous myxedema of the adult and that following total extirpation. On the other hand, contrary to his previous statements, made four weeks before in the *Revue* of the 15th of May, 1883,

Reverdin concluded finally that a partial thyroidectomy should be performed whenever it is possible, *reserving total extirpation of the thyroid for cases in which it cannot be avoided.*

Such are the facts and such are the data in which these various events occurred. From them we can draw the following conclusions:

1. Already in 1874 Kocher had been impressed by the peculiar physical and psychic conditions shown by his completely thyroidectomized patient. He did not at the time, however, recognize their true nature and origin.

2. When Reverdin and Kocher met on the 7th of September, 1882, and exchanged privately their views on goiter surgery and especially on its remote consequences, we can assume from what both said, that each one of these illustrious surgeons was becoming aware of the fact that a certain curious and peculiar condition developed after operations for goiter, but neither one *seemed at the time* to have recognized its true significance.

3. The only official document on which Reverdin can possibly base his claim to priority of the discovery of myxedema is the short communication which he made to the Medical Society of Geneva on the 13th of September, 1882, and which has been reviewed above *in extenso*. Since then all that Reverdin wrote on that subject was *posterior to what Kocher said on the 4th of April, 1883*, at the Surgical Congress of Berlin, and is consequently of no avail so far as priority is concerned.

4. In examining attentively Reverdin's report made at the Medical Society of Geneva on the 13th of September, 1882, and which has been transcribed above, we can draw the two following conclusions:

- (a) The few remarks made by Reverdin cannot possibly have the pretension of a description of the disease as he mentions only, "the edema of the hands and face without albuminuria," and in one case, the "cretinoid appearance." Others had called attention to this condition a long time before him. Gull, for instance, in 1873, and William Ord, in 1877, who called that condition *myxedema*, and Charcot, in 1879, who created the denomination *pachydermic cachexia*.

- (b) He did not see clearly that thyroid insufficiency was the etiological factor of myxedema. He did not know whether the gland or the sympathetic system was to blame.

5. After his report of September 13, 1882, Reverdin continued, nevertheless, to perform total extirpation of the thyroid. His last was performed on November 17, 1882, namely, over nine weeks after his communication to the Medical Society of Geneva. It is to be regretted that Reverdin did not give the reports of all his cases of thyroid operations up to the time of his publication on April 15, 1883, as Kocher did

up to April 4, 1883. On the other hand, Kocher, too, performed a complete thyroidectomy on November 27, 1882, and another one, his last, on January 16, 1883. From these facts what logical conclusions can we draw? Simply that at that time neither one had realized the exact significance of the disturbances seen after total extirpation of the thyroid. Kocher discovered their real meaning only when in January, February, and March, 1883, he reviewed his thyroidectomized patients and saw the results. So far as Reverdin is concerned, if he had discovered the real significance of total thyroidectomy and its direct relation to myxedematous symptoms, he could never have written what he did in the *Revue Médicale de la Suisse Romande*, May 15, 1883, namely, that total extirpation offered great advantages, and that partial thyroidectomy was not yet a method of choice, but a method of necessity. (See above.) Yet four weeks after, on June 15, 1883, in the *Revue Médicale de la Suisse Romande*, Reverdin says just the opposite. In his judgment, partial thyroidectomy should be given the preference, and total extirpation of the thyroid should be practised only when for some reasons it becomes necessary. Why such a sudden change?

Out of Reverdin's 22 thyroidectomies, 3 cases, possibly 4, showed unmistakable myxedematous symptoms. All the other cases were reported in *excellent condition*. Without injustice it can be said that there is certainly a disproportion between this meager clinical material to work with, and the splendid clinical description of *operative myxedema* given by Reverdin on June 15, 1883.

When once Kocher became convinced that myxedema was the result of total extirpation, he remained consistent with his conclusions. He never practised complete thyroidectomy again, and never advocated it under any circumstances except in malignancy. He gave his masterly description of myxedema which holds true today, and finally drew up the rules which in thyroid surgery have been the guide of each succeeding school of surgeons ever since. To posterity the name of Kocher will always be intimately associated with the thyroid subject, and to him belongs the credit of having, so to speak, discovered myxedema and its true significance. It would be unfair, however, not to give Reverdin justice and honor, as he certainly did suspect a part of the truth independently, and perhaps would have seen it all had he not been anticipated by Kocher. At any rate, his work, coming so soon after the one of Kocher, gave Kocher's conclusions more strength, and was certainly of great help in convincing the surgical public of the dangers of total thyroidectomy.

Etiological Relationship between the Various Forms of Hypothyroidism.—If we compare the different forms of hypothyroidism, we shall see that there is between them an undeniable relationship, and despite

the fact that sometimes notable differences exist between them, their etiological origin is *one*, namely, a *diminished*, or a *suppressed thyroid function*. Consequently, these different forms of hypothyroidism are only varieties of the same disease.

Let us consider, for instance, *operative and experimental hypothyroidism*. In these forms the thyroid has been entirely removed. The results of this total thyroidectomy in human beings as well as in animals are the same: the metabolism is greatly disturbed; a myxedematous infiltration of the skin takes place; the nervous system is deeply affected, and the intelligence is considerably reduced. If thyroidectomy has been performed in young animals, the growth of the skeleton and the development of their central nervous system are affected. In short, we have a complete physical as well as psychic degradation of the individual.

In *adult hypothyroidism*, too, the symptoms are so strikingly similar to the ones found in operative and experimental myxedema that it is impossible not to see between them a close relationship. Since the cause of operative and experimental hypothyroidism is the loss of the thyroid's function, the same etiology is found in adult hypothyroidism; the differences between them are only differences of degree. In operative and experimental hypothyroidism, as the thyroid has been abruptly and completely surgically suppressed, the clinical symptoms are very much more acute and rapid, whereas in adult myxedema where the thyroid has undergone a slow process of atrophy and degeneration, the symptoms are chronic and slow; ultimately, however, the results are the same, namely, a well-characterized hypothyroidism. Consequently, from an etiological point of view, operative and adult hypothyroidism can be identified. The first one is caused by the sudden, the second, by the slow suppression of the thyroid function.

Suppose, now, that we go a step further and consider *infantile myxedema*. At the first glance, between this form of myxedema and the adult one, the differences are great, since in infantile myxedema we have an arrest in the intellectual development, namely, *idiocy*, and an arrest of physical development, namely, *nanism*. These two symptoms give to infantile myxedema a physiognomy of its own which is not found in adult myxedema. Consequently, at a superficial survey, these two diseases seem to be entirely different, yet if we go back to what we see in experimental or operative myxedema we shall see that the relationship between these different forms is a close one. Hoffmeister and von Eiselsberg, after performing complete thyroidectomy in newborn rabbits, sheep, and goats, observed, besides the symptoms of myxedema usually found in adults, an arrest of physical development characterized by *nanism* and an arrest of intellectual development characterized by *idiocy*. Complete thyroidectomies performed in young children between eight and ten

years of age, as reported by Bruns, Kocher, and Combe, give the same results. Consequently, we must conclude that these different forms of myxedema recognize the same etiology, and that the differences which exist between them are only due to the fact that in children the loss of thyroid function occurred at a time when the physical and intellectual growth were in the making: hence, nanism and idiocy. The sooner after birth the loss of thyroid function takes place the more marked will be the thyroid insufficiency.

What about *endemic cretinism*? There, too, as we shall see later in the etiology of that disease, the condition is caused by thyroid insufficiency aggravated by a noxious condition of endemic origin, which most probably exerts its nocive influence on the thyroid and on the entire organism not only during fetal life, but also through generations, so that, hereditarily speaking, that thyroid gland is normally below par.

We may then conclude that *operative, adult, infantile hypothyroidism* and *cretinism* have the same relationship between them; they are only degrees of the same disease. The good results obtained by thyroid opotherapy in every one of these conditions corroborate these views. What is of importance is not so much the presence or absence of the thyroid but its *loss of function*, and especially the *period of development* at which the thyroid ceased to functionate.

Nomenclature.—The denomination “cachexia thyreopriva,” or “cachexia strumipriva,” given by Kocher, is a far better one than “myxedema,” as the latter evokes in the mind one symptom only, namely, the mucinoid infiltration of the skin. It was adopted at a time when nothing was known of the etiology of the disease, and when the condition of the skin was the most striking symptom attracting the attention of observers.

Furthermore, we know that in myxedema mucinoid infiltration of the skin is not always present. Consequently, this denomination is, strictly speaking, defective, yet it has become so common in the medical literature and has acquired such a stronghold that it would be difficult to change it. On the other hand, if the denomination “cachexia thyreopriva” stands on a solid etiological basis, it nevertheless does not fulfil all the requirements, as it applies only to those forms of myxedema where the gland is absent. It does not apply to these cases of functionally insufficient thyroid glands. Consequently, this denomination, too, is insufficient.

If one reads the medical literature on myxedema, one cannot but be astonished at the great number of synonyms invented to designate the same thing, as “cretinism,” “idiocy,” “idiocy with pachydermic cachexia,” “cretinoid pachydermia,” “cretinoid myxedema,” “myxedematous dystrophia,” “infantile myxedema,” “myxedematous infantilism,”

“spontaneous infantile pachydermic cachexia,” “atrophic cretinoid myxedema,” “pachydermic cachexia,” etc. To the reader who is not familiar with all these matters, these different denominations are most confusing. Each one of these denominations seeks to set forth the side which struck most forcibly the mind of the observer who invented it, but none of them stands on a solid physiological and etiological basis.

It seems to me that, as we know today, all those various and differently designated forms of diseases have a common origin, namely, *absence or insufficiency, or inefficiency* of the thyroid function, it would be much more rational, clear, and simple to classify them as follows:

I. <i>Athyroidism.</i>	{ Surgical.	{ Or cachexia thyreopriva. Or cachexia strumipriva.
	{ Congenital.	

These denominations would apply to cases in which the thyroid has been surgically totally removed or is congenitally absent.

II. <i>Hypothyroidism.</i>	{ Surgical.	{ Infantile. Adult.
	{ Spontaneous.	
	{ Fruste.	{ Infantile. Adult.

These would apply to cases in which the thyroid gland, although partly or even entirely present, has become *functionally insufficient*, as after partial or total thyroidectomies, or where the thyroids are degenerated, etc.

III. <i>Cretinism.</i>	{ Endemic.
	{ Sporadic.

By *endemic cretinism* we understand the peculiar forms of thyroid insufficiency found in connection with endemic goiter. By *sporadic cretinism* we mean that condition of cretinism which occurs in regions where goiter is not endemic.

CHAPTER XIV.

PATHOLOGY OF THE VARIOUS FORMS OF THYROID INSUFFICIENCY.

Thyroid.—For a long time the etiological relation between the condition described as myxedema and the thyroid was not recognized, but after the researches of Ord, Olive, Schiff, Kocher, and Reverdin, it became known that an absolutely *sine qua non* condition for the development of myxedema was a lesion of the thyroid. This is so true that the English Commission appointed in 1884 to study the etiology of myxedema concluded that the only lesion which was constantly found in that disease was thyroid atrophy. "Without lesions or absence of the thyroid, no myxedema," says Kocher. Hypothyroidism is a result of hypofunction of the thyroid either because the gland is partially or totally absent or because it is degenerated. At any rate, in hypothyroidism, the thyroid is never normal.

In some cases of congenital athyroidism, microscopic examination shows no vestiges of the gland whatsoever. In such cases we have to deal with a congenital defect. An inflammatory process which would have destroyed the thyroid alone is hardly probable. This is evidenced by the fact that no traces of inflammation are discovered, and by the fact that the parathyroids are found absolutely normal. Indeed, if we remember how closely the parathyroids are related to the thyroid, and if we were to suppose that athyroidism were due to an inflammatory process, then the small parathyroid bodies would no doubt show some sympathetic symptoms, either clinically or microscopically. Such, however, is not the case. The parathyroids are always found normal. This fact proves, furthermore, that the parathyroids embryologically develop independently of the thyroid gland and that their presence does not prevent hypothyroidism from taking place. In some cases, however, it seems reasonable to admit that some toxic infectious influences have brought about the condition of athyroidism.

In the great majority of cases of hypothyroidism, however, the thyroid is present. A mass of sclerotic connective tissue takes the place of what was gland before; it is hard and of a yellowish color. The epithelium of the alveoli is degenerated, and a thick colloid is present. Von Eiselsberg found in counting the number of cells of the alveoli, that they were greatly reduced in number and size as compared to the cells

of normal folliculi. Langhans believes that the gland has undergone an interstitial inflammation with leukocyte infiltration and endarteritis. The process, in his judgment, resembles the one seen in cirrhosis of the liver. In Stilling's case the entire gland had undergone a fatty degeneration and was represented by a mass of fat; the thyroid arteries were not present. In certain conditions the connective-tissue degeneration of the gland is so thorough that scarcely any traces of that organ can be found. Such cases might be mistaken for congenital athyroidism. Most probably the cases reported by Maresch, McCollum, and Fabian belong to that class. In cases regarded clinically as congenital athyroidism, the presence of alveoli in the connective tissue of the cervical region have been detected microscopically.

In many cases of hypothyroidism and cretinism the thyroid, instead of being absent or atrophied, is, on the contrary, enlarged, but degenerated. In cretinism we can say that in 25 per cent. of the cases the thyroid is absent or atrophied, and in 75 per cent. of the other cases the gland is enlarged and degenerated. Microscopically, the acini are poorly developed, the normal elements of the gland are reduced and atrophied, and an intense colloid degeneration has taken place. As a rule, besides the degenerated portion of the gland, other parts are present which appear to be entirely normal. H. Vogt claims that a number of cases of cretinism have been found in which the thyroid was absolutely normal, and Bircher, examining the thyroid glands of 16 cretins, found the majority of them mostly normal.

Skin.—The infiltration of the skin with a mucine-like substance is a feature which is bound to strike the attention of the observer. It is to that condition that the disease owes its name, *myxedema*. A marked hypertrophy of the connective tissue of the chorion is present while the sebaceous and sudoriparous glands are atrophied. The connective tissue has an embryonic character; its fibers are dissociated, forming spaces in which a substance very rich in mucine is present. This semifluid substance filling up the interstitial spaces gives the entire skin a transparent appearance. The question whether this substance is really mucine or not is not yet settled. According to Halliburton, the quantity of mucine is fifty times larger than normally. On the other hand, Prudden in the majority of his cases did not find mucine. Some authors seem to think that the infiltration of the skin is not of mucinoid origin, but that it is due to an ordinary edema localized in the most superficial layers of the skin, hence the reason why this edema does not pit on pressure. Microscopically, the connective fibers of the chorion have a gelatinous aspect and are swollen. The lymphatic spaces are enlarged, and the nuclei of the endothelial walls voluminous. The majority of authors consider this process as a return to the embryonic stage. How-

ever, Virchow does not share this view. He believes that instead of being *regressive*, this process is an *irritative* one, similar to the one seen in *phlegmasia alba dolens*, and *elephantiasis*. It resembles a granulation tissue containing an increased number of fibers and nuclei, and partly infiltrated with an amorphous liquid of more or less mucinoid appearance. Ewald considers myxedema as a trophic disturbance and a degeneration of adipose tissue.

Osseous System.—In congenital athyroidism and spontaneous infantile hypothyroidism one of the most striking pathological findings is the retarded growth of the osseous system. Periosteal, as well as endochondral ossification, is extremely retarded. The epiphyses remain thin and cartilaginous. Cases have been seen where ossification was not completed at the forty-fifth year. The marrow of the bones shows a considerable fatty degeneration. These disturbances are so constant that they may be considered as typical of congenital athyroidism, congenital hypothyroidism, and cretinism. The perichondrium as compared to the normal one is very poorly supplied with bloodvessels; the osteoid tissues, too, are very poorly irrigated. In congenital athyroidism and spontaneous infantile hypothyroidism the bones remain so short that, after growth is supposed to be terminated, the patient is and remains a dwarf. The thickness of bones, however, is less affected than their length. That all these osseous disturbances are due to the fact that the centers of ossification do not appear in due time is easily demonstrated by the x -rays. In a ten-year-old child, for instance, no traces of ossification were found in the *capitulum ossis Hamatum*, when they should have been present normally between the fourth and sixth months after birth. Dieterle has given a synoptical tableau showing when points of ossification appear normally in the various bones of the hand. This tableau is of great interest and help. It is as follows:

<i>Age.</i>	<i>Ossification appears in</i>	<i>Body length.</i>
Newborn	Shaft of the phalanges, metacarpi, radius and ulna	50 cms.
4 months	Capitatum, Hamatum	60 cms.
5 "		
6 "		
7 "		
8 "		
12 "	Epiphysis of the radius	75 cms.
1 $\frac{1}{4}$ years		
1 $\frac{1}{2}$ "		
2 "		
2 $\frac{1}{2}$ "	Basilar epiphysis of the proximal phalanges	85 cms.
2 $\frac{3}{4}$ "	Basilar epiphysis of the terminal phalanges	95 cms.
3 "	Other basilar epiphyses	100 cms.

Age.	Ossification appears in	Body length.
3½ years	Os lunatum	
4 "		
5 "		
5½ "	Multangulum majus and minus .	108 cms.
6 "	Os naviculare	110 cms.
7 "	Distal epiphyses of the ulna	117 cms.
8 "		130 cms.
9 "		
10 "	Os pisiforme	135 cms.
11 "		
12 "		
13 "	Sesamoid, hamulus ossis hamati	150 cms.
16-17 years	Disparition of epiphyseal lines of fingers and metacarpi	165 cms.
18 years	Disparition of all epiphyses .	
19 "		170 cms.
20 "		170-180 cms.

Of course the pathological disturbances in the skeleton depend upon the time of life in which the thyroid insufficiency began to manifest itself; the sooner after birth the hypofunction of the thyroid takes place the more marked will be the disturbances in the osseous system. The pathological changes will be found mostly developed in the bones which were still cartilaginous at the time the thyroid insufficiency started to develop. For that reason the fibrous bones of the cranium are the least affected; they continue to grow to a certain extent while the development of the other bones is arrested, hence a disproportion between the head and the skeleton, and hence a macrocephalous on the body of the dwarf. The growth of the bones of the skull, however, is far from being normal; the large fontanelle remains open and synostosis of the cranial bones is considerably retarded. Kyphotic and scoliotic anomalies of the spinal column are quite frequent.

Some authors, as Bourneville and Hertoghe, have claimed that in congenital athyroidism and spontaneous infantile hypothyroidism, deformation and retarded ossification of the osseous system were due to *rickets*. But in rickets we have to deal with an osteoporosis and a deficient calcification, whereas, in athyroidism and hypothyroidism, simply with an arrest of ossification. In *rachitism* the epiphyseal lines, instead of being linear, as in thyroid insufficiency, are irregular, and have a "saw-tooth" outline; furthermore, in rickets the appearance of the points of ossification is not retarded as in hypothyroidism, but takes place in due time.

Nervous System.—Whitewell found in examining the brains of myxedematous patients that the nervous cells were irregular, their prolongations reduced in number and their nuclei not staining as readily as the

normal ones; vacuolization was present and neuroglia was increased. It seems that these pathological findings are not specific for hypothyroidism inasmuch as they are also found in other pathological conditions. Nowhere in the central nervous system can alterations specific for hypothyroidism be found. Study of the brains of cretins has not been done sufficiently to enable us to draw practical conclusions from it. Their weight has been found to vary between 1000 and 1400 gms. Microscopically, nothing typical has been found.

Vascular System.—Von Eiselsberg found experimentally atheromatous degeneration of the bloodvessels of thyroidectomized goats. The same results have been found clinically since. Very advanced atheromatous conditions of the large bloodvessels have been reported frequently in very young myxedematous individuals. Even amyloid has been found without apparent cause.

Genital Apparatus.—In congenital athyroidism, infantile hypothyroidism, and cretinism the genital apparatus, as a rule, is not sufficiently developed; even if the cretin reaches an advanced age, the genital apparatus remains of the infantile type. Their genital capacity is negative: "Nemo dat quod non habet." These congenital disturbances are, of course, in proportion to the degree of thyroid insufficiency, and with the period of life in which such insufficiency has taken place. In hypothyroidism of milder degree the genital apparatus is better developed. Such individuals are even able to procreate, although ordinarily, their offspring come into this world cretins, hydrocephalous, or dead.

The *hypophysis* in cretinism and hypothyroidism has been reported from various sources as being pathological. Normally, its weight varies between $\frac{1}{2}$ and 1 gram, consequently all that is found above or below these figures may be considered as pathological. Rogowitsch and others found experimentally that the hypophysis after extirpation of the thyroid underwent an hypertrophy. This was regarded by these authors as a vicarious function of the hypophysis toward the thyroid gland. Schönemann, however, did not confirm such views. In examining 112 hypophyses of goiterous individuals he found that the hypophysis was atrophied in direct proportion to the goiterous degeneration of the thyroid gland. On the other hand, Boyce and Beadles, Bourneville and Bricon, Pisenti and Viola and Ponfick found that in cases of hypothyroidism the hypophysis was hypertrophied. The alterations found in the hypophysis involve the anterior lobe of the gland only. Abnormal connective-tissue development, fatty or colloid degeneration, necrosis and ischemia of the cells, diminution of their number, distention of the little gland by a plasmatic fluid, all these pathological conditions may be found at the same time, or separately. Chromophil cells seem to be decidedly increased in number, are enlarged, and remind one of the cells with colloid degeneration.

The thymus has up to this time not been paid much attention. In a few cases, however, it was found hypertrophied, as in Bayon's case. On the other hand, Pineles and Bernheim Kasser reported a hypoplasia of the thymus in cases of congenital athyroidism; in that case the thymus was microscopically free from lymphocytes and Hassal's corpuscles, whereas the connective tissue was highly developed. This might be considered as a counter-balance of what we find in Basedow's disease, where the thymus is hyperplastic.

Researches on pancreas, suprarenal bodies, and other glands of internal secretion have not yet been made.

Surgical Athyroidism and Surgical Cachexia Strumipriva.—These conditions come on, as a rule, after total extirpation of the gland and may appear in a few weeks, months, or even a few years after thyroidectomy. Young people are much more markedly affected than old ones, and the pathological picture is more marked in cases of long standing than in those of more recent date. The clinical picture following total thyroidectomy differs according to the period of life in which the loss of thyroid function takes place.

Symptoms.—At first the patient feels weak and tired. The lassitude following slight physical exertion is extreme, as shown for instance, by the patient of Reverdin's, who, although a great walker, could not, after having undergone total thyroidectomy, walk more than one or two miles without being completely exhausted. Pain and heaviness in the limbs, tremor of the extremities, a sensation of cold are the most usual complaints of such thyroidectomized patients. Their movements become slow and awkward; they lose their capacity for doing fine or precise work; they lose the coördination of their movements. If the patient is a barber he drops his scissors or razor unexpectedly; if a seamstress, she can no longer do fine needlework, etc. Naturally, this awkwardness reaches its maximum when the hands become edematous.

At the same time the intellectual power diminishes; the memory becomes weak; speech is difficult or slow; the patient becomes apathetic. At first, especially if it is a child, the patient may try to conceal his handicap; as, for instance, the young girl spoken of by Kocher, who in school made desperate efforts to keep up the pace with her schoolmates. The patient, however, soon realizes that something is wrong with his intelligence, and becomes silent, shy, and self-contained.

When the disease is well established the face is large and swollen. The eyelids, especially the inferior ones, show a semitransparent saciform swelling, which one is always surprised to find does not pit on pressure. As these edematous eyelids partially cover the line of vision the eyes look small and sunken. The nose is large; the lips thick, hanging, and cyanotic; the ears are enlarged and thickened; the lines of the

face being puffed, have lost their mobility and are without expression, and hence give an air of stupidity which recalls cretinism. The skin of the hands, feet, and of the body gradually becomes swollen. This edema is more pronounced in the morning, and differs from the edema of kidney and cardiac diseases by the fact that it does not pit on pressure. The skin is dry, shows a yellowish-white, dirty color, and scales easily; perspiration is more or less suppressed; the hair is scarce; the patient "looks old." The swelling of the skin extends to the mucous membranes; the tongue is thickened; the patient becomes anemic; the blood shows a diminution of red corpuscles, and a relative increase of leukocytes; this leukocytosis increases with the degree of the disease. The pulse is small and the heart, as a rule, shows no changes. The temperature is lowered, the circulation, respiration, and digestive functions become less active. Sensibility to pain and touch is diminished. In short, the mental as well as the physical processes are considerably reduced, more or less.

If total thyroidectomy has been performed in a young child, its growth stops and its intellectual faculties regress rapidly. This is very well illustrated by the case of Dr. Sick, who in 1867 performed a complete thyroidectomy in a ten-year-old child. This boy, who was extremely intelligent, gradually lost his mental and intellectual energy to such an extent that when seen by Bruns, eighteen years after, he had the appearance of a perfect cretin. He was incapable of rudimentary work, and could not answer the most elementary questions. His stature was the same as at the time of the operation; his head only seemed to have developed and was out of all proportion to the rest of the body. Kocher, Combe, and others have reported similar experiences. If total thyroidectomy is performed in a later period of physical development, the symptoms of hypothyroidism will be less marked. These symptoms present their minimum when growth and sexual development are terminated. The condition then becomes harmless, *quoad vitam*; it affects only the patient's efficiency and often renders him incapable of attending to his business, thus forcing him to give it up, such as the barber who constantly dropped his scissors or razor; the seamstress who could not remember measures; the maid who dropped everything which she picked up, or the student who had become unable to remember the simplest facts of mathematics.

When hypothyroidism affects a severe form the patient dies either from the condition itself or from an intercurrent disease. In other instances after a more or less prolonged period of development, hypothyroidism may regress spontaneously, become less severe, and in a few instances may even disappear entirely. Indeed it has been demonstrated in a great many cases by many authors that total extirpation of

the thyroid is not always followed by cachexia strumipriva. At first this seems not in harmony with the classical belief that the complete removal of the thyroid causes hypothyroidism. This inconsistency, however, is only apparent, for we know now that this failure to follow the rule is due to the fact that the gland has not been entirely removed, a small portion of it having been left, as the processus pyramidalis, for instance. It may also be due to the presence of accessory thyroid glands, which are, as we know, not uncommonly found in the cervical or mediastinal regions; as soon, however, as these accessory glands are removed, cachexia strumipriva follows. Cases of hypothyroidism have been known to develop after the removal of a lingual goiter.

More perplexing are the cases of "partial" thyroidectomy followed by a well-defined hypothyroidism. Why is it so? We must remember that certain individuals have just enough thyroid to meet the ordinary physiological demands. They are constantly verging on thyroid bankruptcy. Therefore it will be easily understood that the removal of a portion of that gland puts them at once in thyroid physiological inferiority. In other cases postmortem has shown that after partial thyroidectomy the remaining portion of the gland has become atrophied and invaded by the connective tissue to such an extent that the glandular elements have been partly destroyed: hence, again, producing functional insufficiency. It goes without saying that so far as thyroid insufficiency is concerned it does not matter what portion of the gland is removed; in ordinary conditions, if any part of either of the two lobes or isthmus, or if any accessory thyroid gland remains, hypothyroidism is not to be feared.

Spontaneous Adult Hypothyroidism (Fig. 56).—This is eminently a chronic disease. It progresses slowly and it is only after years have elapsed that it reaches its maximum.

Etiology.—Excitement, traumatic lesions of the neck, numerous pregnancies, especially when accompanied with much loss of blood intrapartum, tuberculosis, alcoholism, and syphilis, have been thought to be the cause of spontaneous adult hypothyroidism. Most likely all these conditions should not be regarded as the *primum movens*. They have most probably supervened in conditions of hypothyroidism already existing, although latent. As said before, in certain patients as long as conditions remain normal the thyroid is barely physiologically sufficient; but as soon as it is overtaxed it becomes momentarily or permanently insufficient to the task: hence thyroid insufficiency.

Spontaneous adult hypothyroidism is often found in conjunction with goiter (Fig. 56). Among the most important causes of spontaneous adult hypothyroidism are acute infectious diseases. This etiological factor is being recognized more and more every day. We have seen in

the chapter on Strumitis and Thyroiditis that the thyroid does not remain indifferent in the presence of acute infectious diseases as typhoid, malaria, acute inflammatory rheumatism, pneumonia, etc. It reacts more or less intensively, and in many instances, may even reach supuration. After the acute inflammatory stage is over, the process is by no means terminated. An insidious, treacherous, chronic inflammation remains, characterized by a diffuse production of connective tissue whose ultimate result is the destruction of the secreting epithelium of the gland, hence thyroid insufficiency. This influence of infectious disease is very well illustrated in one case reported lately by Achard: myxedema developed in a child ten years old some time after measles, and after forty-two years' duration of the disease the patient died. The postmortem showed no traces whatsoever of thyroid tissue.



FIG. 56.—Spontaneous adult hypothyroidism. The thyroid gland is barely palpable.

Spontaneous adult hypothyroidism, although found everywhere, is far more frequent in regions where goiter is endemic, and in individuals whose thyroid is congenitally insufficient on account of their goiterous parentage. It is rare in the tropics, occurs frequently in cold climates, and is very common in certain countries, especially in France and Switzerland. It is less common in North America. Cases of spontaneous adult hypothyroidism have been reported among negroes.

It is more common in women than in men. Prudden, in 1888, found 145 cases—32 men and 113 women. Heinzheimer, in 1894, out of 150 cases, found 10 men and 117 women. (In 23 cases the sex of the patient was not given.) The predisposition of women to spontaneous adult hypothyroidism is due to frequent congestions and toxi-infectious disturbances of the thyroid during sexual life, such as menstruation, preg-

nancy, menopause. It is more common between the ages of 30 and 50 years.

Symptoms.—As the patient has reached his complete physical and mental development the symptoms found will correspond to the ones seen in operative myxedema of the adult; the skeleton is normal, and the disturbances of a psychic order are not so marked as in infantile hypothyroidism. The organs are not anatomically but only functionally disturbed.

The debut of the disease is insidious, slow, and progressive. Without apparent cause, more often during the convalescing period of an acute infectious disease, a progressive weakness, physical apathy, and an intellectual torpor combined with anemia are observed. The true significance of such conditions, as a rule, is not understood and the patient is treated for anemia. Under medical treatment and rest these conditions are improved or retrocede entirely, but after a few weeks or months they relapse again, and then they follow their slow but progressive course, which may last ten, twenty or even forty years. In the full development of the disease the face is swollen, the lips are thick and everted, especially the lower one, and the nose and mucous membrane of the nasopharynx are swollen, too. This swelling compels the patient to breathe with open mouth while sleeping, hence causing loud snoring. The tongue is thick, chin plump, and on account of the swelling of the eyelids the eyes seem to be smaller; the cheeks are flabby and the lines of the face have a remarkable immobility; this altogether gives the patient an air of stupidity. His forehead is often wrinkled and his eyebrows are elevated in order to raise the swollen lids above the line of vision. In opposition to what is seen in cardiac and renal diseases, where edema obliterates the wrinkles of the face, in myxedema it exaggerates them. The skin is yellowish white, waxy, with a slight redness on both malar regions.

The myxedematous infiltration is not evenly distributed over the body; there are places in which it is more prominent than in others, for instance, in the supraclavicular spaces, abdomen, neck, and thorax. For lack of perspiration the skin is dry and scales off easily. The sebaceous secretion is scarce and skin eruptions of different kinds are often present.

The hands and feet are thick and clumsy, the fingers have the shape of small, round sausages, and move with difficulty; hence the name "spade-hands" of Gull. The patient does not use them with ease, hence producing awkwardness. The feet become deformed and edematous, and the legs become round and thick, and have a pachydermic appearance. The hair and eyebrows are thin and brittle, while in the axillary and pubic regions the hair falls out.

The symptoms evidenced by the nervous system are very striking. They consist in a weakened memory, slow mental processes, diminution of the capacity of coördination, and diminished activity of the organs of sense and of the reflexes. The patient answers questions slowly and becomes irritable if pressed with them. Although he may usually be of a gentle disposition, he will at times show remarkable bursts of rage. Any mental or physical exertion is a burden to him; his speech is slow, but not stammering or monosyllabic. His slowness is due to a slow process of ideation. His voice is more or less husky on account of the edema of the laryngeal mucous membrane. The organs of special sense are quite often affected: hearing, sight, taste, and the sense of smell are diminished. Deafness, to a greater or less degree, is common, and is not only due to infiltration of the mucous membrane, but also seems to be of central origin. Tinnitus is quite frequent, and is the source of much complaint on the part of the patient. The sense of touch is reduced and the patient is sensitive to cold. This sensation of cold is not only purely subjective, but is also objective, as the central temperature of the body is lowered and varies between 95° and 97° F. The extremities, lips, and nose are cold and cyanotic; the circulation is slow and the pulse varies between 50 and 65. As a rule the heart shows no abnormality.

The red corpuscles may be slightly diminished, and the hemoglobin content reduced. But just as for Graves' disease, the most characteristic changes concern the white cells, so here, too, as shown by Kocher, we find a leukopenia, a hyperlymphocytosis, and a hyperpolynucleosis. The coagulability of the blood, on the contrary, as shown by Kottmann, is reduced in hypothyroidism, whereas it is increased in hyperthyroidism. This is a point of very good differential diagnostic value. The urine is diminished and its specific gravity varies between 1000 and 1015. The nitrogenous exchanges are low. Menstruation when present may be profuse or scarce, but very often is suppressed. The patient complains quite often of rheumatic pains in the hands, feet, and back.

The clinical picture of spontaneous adult hypothyroidism is not always so complete; many cases have been described in which only a few of the above symptoms recorded as characteristic of hypothyroidism have been found. These cases are called *fruste*, *larvate*, or *incomplete hypothyroidism*. They were described by Brissaud and Tiberge and called by Hertoghe, *benign hypothyroidism*. They are more frequent than one would expect. We shall study them in another chapter. In senility the thyroid gland becomes atrophic, undergoes a diffuse sclerosis, and tends gradually to destroy the epithelial elements of the gland itself, hence hypothyroidism. According to Horsley, old age is only a form of mitigated hypothyroidism. He believes that the people that enjoy

a green old age owe this happy condition to a thyroid which has remained normal. The points of resemblance between senility and a slight degree of hypothyroidism are more than one. The changes in the face, the falling out of the hair, the dryness of the skin, the production of adipose tissue, the diminution in the function of the nervous system, of the sensorial, intellectual, and genital spheres, all these symptoms found in advanced old age, according to Horsley, point toward a thyroid insufficiency of moderate degree. In both cases the nutritional exchanges are diminished; the pulse is slow; the temperature is low and a sensation of cold is present. "The only differences," says Ewald, "is that in old age there is a constant atrophy of the intestinal tract which is not present in hypothyroidism."

If these views are correct, thyroid opotherapy should be of great value in preventing old age, but I am afraid that this theory, although extremely interesting, is a sister to the Brown-Séquard theory, and we know that the promises of this have not been fulfilled. They who are dreaming the dream of Faust and Ponce de Leon, the dream of eternal youth, must still put their trust in something else than in the feeding of testicular or thyroid extract.

CHAPTER XV.

CONGENITAL ATHYROIDISM, SPONTANEOUS INFANTILE HYPOTHYROIDISM, AND CRETINISM.

IN this class we shall include all these conditions which have been labelled at various times as "sporadic cretinism," "congenital or infantile myxedema," "idiocy," "pachydermic cachexia," "cretinoid pachydermy," "cretinoid idiocy," and "infantile myxidiocy."

In children thyroid insufficiency takes place at a period of their development when intelligence and growth are incessantly undergoing changes, consequently, hypothyroidism in children will differ from that of adults. *Nanism*, or arrest in the physical development, and *idiocy*, or arrest in the mental development, are the chief differential characteristics. Here, too, as in the previously described forms of thyroid insufficiency, all stages will be found.

If at birth the thyroid is totally absent, nanism, idiocy, and other hypothyroidism symptoms will reach the maximum of development. This is the *congenital* form of athyroidism. If thyroid insufficiency develops at a later period, when the body has already undergone a certain evolution, and when the intelligence has already awakened, nanism and idiocy will be less marked. The child will not be an *idiot*, but only an *imbecile*. If thyroid insufficiency develops at a time when the physical and intellectual developments have already reached an advanced growth the symptoms will be less marked, nanism will be only sketched; the intellectual disturbances will be less noticeable, and then the little patient will not be called an idiot nor an imbecile but simply a *retarded child*. Finally, if the thyroid insufficiency is of a mild degree only the symptoms of thyroid insufficiency will be benign, too. Let us call this condition *fruste infantile hypothyroidism*.

Etiology of Congenital Athyroidism and Spontaneous Infantile Hypothyroidism.—In countries where cretinism is not endemic, cases of cretinism are found which resemble closely the endemic form, yet they do not recognize entirely the same causes. They are due solely to the absence of the thyroid or to its insufficiency. Exogenous influences from water and soil do not intervene as etiological factors. Such conditions are met with in congenital athyroidism and spontaneous infantile hypothyroidism.

Congenital athyroidism due to a complete absence of the thyroid must be regarded as a malformation; it is a congenital defect whose

cause is still very obscure. Probably, as in other forms of congenital malformations, something interfered with the normal development and arrangement of embryonic cells. This congenital thyreo-aplasia is not special to certain countries, has no relation whatsoever to endemic cretinism, and differs from the endemic hypothyroidism by the fact that there is no endemic goiter or cretinism in the ascendants.

In *spontaneous infantile hypothyroidism* (Fig. 57) the thyroid is always present; it may be either atrophied or even hypertrophied, which latter condition occurs very seldom. Hypertrophy, however, is never excessive. The cause of that form of hypothyroidism may be dated back to infectious diseases of the mother during pregnancy. We know that the placenta is permeable to microorganisms, therefore it is logical to admit

that it is that much the more easily permeable to their toxins which are liable to cause an acute toxic thyroiditis of the fetus *in utero*. Later, this thyroiditis takes a chronic form, the thyroid undergoes atrophy, hence a thyroid insufficiency after birth.

Tuberculosis and syphilis have been incriminated, too, as a causing factor of infantile thyroid atrophy. Alcoholism of the mother during pregnancy has been found, too, as a cause of thyroid insufficiency in the child. We know that it has been experimentally demonstrated that alcoholism has a

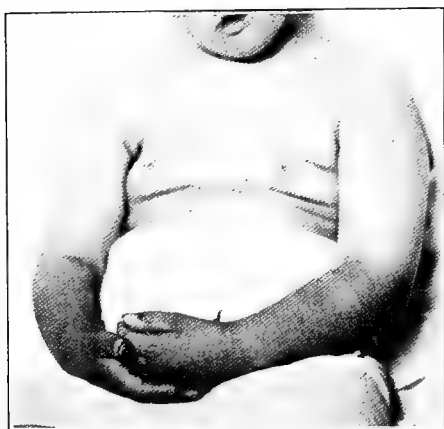


FIG. 57.—Spontaneous infantile hypothyroidism, with some other polyglandular symptoms.

damaging influence over the thyroid, consequently it is permissible to assume that in cases of severe alcoholism of the mother during pregnancy, alcoholic intoxication of the mother may damage the thyroid of the fetus *in utero*. Severe and prolonged congestions of the thyroid due to dystocia during delivery have in some instances been followed by thyroid insufficiency. Girls are more often affected than boys.

When hypothyroidism appears during the first years of infancy, after the child has been seemingly normal, the cause of such thyroid insufficiency may be found in the acute diseases which are the appanage of childhood, such as enteritis, whooping-cough, measles, and pneumonia, etc.

Cretinism.—**Etiology.**—According to Kocher the name “cretin” comes from the French word “Chretien” (Christian), the intention being

to convey the idea of innocence and simple-mindedness. Bayon thinks that the word "cretin" comes from the Rhaeto-Romanic word "cret," which means *cripple*, *cretin*, or *dwarf*. Others think that it is derived from the word "creta," which means chalk, because of the color of the skin. The following anecdote related by St. Lager might confirm Kocher's idea, namely, that the word "cretin" comes from the French word "Chretien." "A mayor of a village received one day a circular letter asking him to fill up an enclosed blank purporting to establish the number of disabled people of the town. After filling the columns concerning the blind, the lame, the hunchbacks, the lunatics, etc., the mayor stumbled upon the column 'cretins.' 'Cretins? What is that?' Everybody in the office was consulted, but nobody knew the meaning of the word cretin. Finally, the policeman was sent for and consulted. After thinking a while, 'By George,' said he, 'that is a typographical error. They ask you how many Christians (Chretiens) there are in your town.' The problem was solved. So the mayor wrote in the column of 'cretins,' 'We all are.'"

Cretinism is a peculiar clinical form of thyroid insufficiency, and belongs to the same pathological class as surgical, congenital, infantile, and adult hypothyroidism. Many of the symptoms of thyroid insufficiency seen in these conditions when compared with those seen in endemic cretinism show such a striking similarity that a parental relation between them cannot be denied. Although in everyone of these conditions we find disturbances of the skin, of the osseous system, and of the genital and nervous apparatus, yet a closer examination shows that there are between them fundamental differences. In endemic cretinism, for instance, pathological changes of the skin are present, but they have not the same character as those seen in myxedema. Scholz says that the skin of the cretin cannot be even called "pseudomyxedematous." Bircher claims that in 60 per cent. of his cases of cretinism, myxedema of the skin was not present. Osseous disturbances of the skeleton in endemic cretinism differ from those seen in congenital athyroidism. In the latter condition endochondral and periosteal ossification is considerably retarded. Ossification in the epiphysis and synchondrosis takes place only very late in life. The fontanelles remain open for a considerable period of time, as seen in the postmortem of the "Pacha de Bicetre." In cretinism the retarded ossification is very much more irregular; only certain epiphyses and synostoses undergo normal ossification, whereas others do not. Sometimes we may see premature synostosis, hence disproportion between different parts of the skeleton.

In endemic cretinism it is remarkable that the diminution of cerebral power is not always in proportion to the disturbances seen in other systems of the organism. The course of the disease is different, too.

In endemic cretinism, after a certain period of time, the disease seems to remain stationary, hence the long life of the cretins. In congenital athyroidism the disease is progressive and death takes place at a much earlier period than in endemic cretinism. As said before, no cases of congenital athyroidism have been known to live longer than thirty years. The results of opotherapy show that there are differences between congenital athyroidism, infantile hypothyroidism, and endemic cretinism. In the first two conditions the results of opotherapy are brilliant, whereas in endemic cretinism they are doubtful. Von Wagner claims that in endemic cretinism he has obtained brilliant results with thyroid opotherapy. On the other hand, Scholz, Kutschera, Bircher, and others claim that their results have been more or less negative.

As to the etiology of cretinism, we shall see in studying the causes of endemic cretinism and goiter that there is a marked divergence of opinion among writers. Some, as Kocher, von Wagner, von Eiselsberg, Langhans, and Seigirt, believe that this endemic cretinism is solely due to thyroid disturbances. "Without disturbed function of the thyroid, no cretinism," says Kocher. He believes that the same noxious causes producing other forms of hypothyroidism intervene during fetal life and cause cretinoid degeneration. This noxious agent primarily injures the thyroid, and secondarily all the organs. On the other hand, Bircher, Kaufmann, Scholz, Kutschera, and Dieterle believe that the thyroid disturbances are not solely the cause of the disease, but that there are other determining causes of cretinic degeneration.

One thing is certain: in every cretin the thyroid gland is not always atrophied, but is, on the contrary, in some instances, hypertrophied. Besides degenerated portions, such enlarged glands often possess others, which seem to be normal, and which, so far as we can judge by their histological appearance, are undoubtedly capable of function. After going over cases of cretinism in which microscopic examination of the thyroid has been performed, we must conclude that there is not always a striking parallelism between the intensity of cretinism and the histological disturbances. As cretinism does not respond to thyroid opotherapy as readily as other forms of thyroid insufficiency, and on account of the above-mentioned reasons we can conclude with Ewald, Kutschera, Bircher, etc., that endemic cretinism is a physical as well as an intellectual degeneration not solely due to thyroid insufficiency, but to some additional damaging influences on the other organs of the body as a consequence of the endemic; in other words, the pathological agent of endemic cretinism is *polytrope* and not *monotrope*. This means that in order to have a true cretinism we must add to the disturbed thyroid function other causes. One of the most important of these causes is the fact that "the endemic" has been exerting its nocive influence upon

the organisms of these individuals throughout successive generations. The union of all of these conditions gives, then, rise to the true or endemic cretinism, whereas surgical and congenital athyroidism, spontaneous infantile, and adult hypothyroidism are caused only by a thyroid insufficiency and by no other cause.

In cretinism, as in the other forms of hypothyroidism, all degrees of development can be met with. If the noxious agent is of benign type the thyroid insufficiency will be a moderate one, and that condition may remain stationary throughout life. But if the damaging agent is more perfidious and affects individuals already in instable thyroid equilibrium, cretinism will be more severe. All the various stages found between the mild and the most severe forms of cretinism are only links of the same chain, and Fodéré was indeed correct when he said, "Goiter is only the first degree of a degeneration whose last manifestation is cretinism."

The endemic includes the *true endemic cretinism*, *endemic goiter*, *endemic deaf and dumbness*, and *endemic feeble-mindedness*. In opposition to what is seen in other forms of hypothyroidism, *males* are more often affected with cretinism than females.

Symptoms of Congenital Athyroidism, Spontaneous Infantile Hypothyroidism, and Cretinism.—As the symptomatology of congenital athyroidism, spontaneous infantile hypothyroidism, and cretinism, endemic and sporadic, on the whole resemble each other very much, I shall give the clinical description of these conditions in the same chapter in order to avoid unnecessary repetitions. I shall dwell on their respective characteristics in the chapter on Differential Diagnosis.

When any of the above-mentioned types of thyroid insufficiency has reached its full development the clinical picture is so striking, so characteristic that a glance is sufficient to make the correct diagnosis. When one has seen one case he has seen what is peculiar to all cases, no matter what the particular type may be. In the first place, there is on the small body of the dwarf, for such the patient will be, an enormous head entirely out of proportion to the rest of the body. If we add to this a vague, lifeless, stupid look with a cretinoid physiognomy the first impression is complete. As for details we may note that the skull is deformed, voluminous in the occipital, and narrow in the frontal regions, and that the anterior fontanelle is still persistent even in individuals fifteen to twenty years old. The face is round, in "full-moon," and without expression, the forehead low, receding, and furrowed with numerous wrinkles. The nose is wide at the basis, but short and retroussé; in a word it is what we call expressively the "saddle-nose." The ears are thick and everted. Both malar regions are prominent; the cheeks, flabby and hanging, while the lips are thick, cyanotic, and everted. The

mouth is wide and open. The tongue, so thick that it is too large for the oral cavity, protrudes for much of the time from the mouth. Sometimes it hangs out constantly and a continuous flow of saliva may be seen running out at the corners of the mouth. This macroglossia is not due to muscular hypertrophy but is caused by an abundant deposit of fat and mucine between the muscular fibers; it is a sort of lipomatous macroglossia. In regions where goiter and cretinism are endemic the teeth are decayed, but in countries where goiter and cretinism are only sporadic the quality of the teeth of these cretins, according to Bayon, does not differ very much from that of the teeth of normal children. Of course in congenital hypothyroidism teeth are absent, second dentition does not in most cases take place, and if it does, it occurs only very late, say at the ages of twenty-five to thirty years. The neck is short, and lipomatous masses are found in the supraclavicular spaces. The thorax is flat; the abdomen large and hanging, and has the shape of a "frog-belly." Umbilical hernias are very often present. The arms, legs, hands, and feet are very stocky, and the swollen fingers can be moved only with difficulty. The feet are short and deformed and too broad for their length; the toes are swollen, and hence produce a peculiar, unsteady and obviously difficult gait. The skin is pale and sallow, semitranslucid, recalling a little the clinical picture of the phlegmasia alba dolens. Even in a very advanced period of life the skin remains unbearded; the hair of the pubis and axillary regions does not grow, while the eyebrows and lashes are always spare and thin. The mucous membranes of the larynx, esophagus, and intestinal tract are edematous. The genital organs, atrophied and arrested in their development, retain the infantile type. If the male cretin reaches the adult age, his testicles and penis are considerably smaller than normally. The same is true for the uterus and its appendages in the female cretin. With such a hypoplasia of the genital apparatus, sexual appetite is not present. The genital functions are more or less suppressed, and only after the thirtieth year do the genital organs seem to develop sufficiently to functionate, but fortunately these cretins are usually sterile.

Nanism is one of the earliest and most striking symptoms in athyroidism and spontaneous infantile hypothyroidism. The expected growth of the skeleton does not take place, or if it does, it occurs very slowly. Normally the length of the skeleton is 172 cms. for man and 160 cms. for woman. In cretins the skeleton varies from 60 to 120 cms. in length. For example, the Pacha de Bicetre, nineteen years old, was only 90 cms.; the cretin of Batignolles, thirty-one years old, was 1 meter and 10 cms. long; the cretin of Francotte was 84 cms. long when twenty-one years old; and the one of Combe, 80 cms. when fifteen years old. The bones are thick and deformed, as in rickets, and deformities

of the ribs and pelvis are frequently found. Kyphotic and scoliotic anomalies of the spine are quite common. The skull of the cretin is flat and low, and wider than it is high. The bones of the skull are thick, and prognathism is a characteristic feature.

All cases of congenital athyroidism are idiots. If athyroidism or hypothyroidism occurs at a later period of bodily development, then the degree of idiocy is in direct proportion to the period of development in which the thyroid function has become totally insufficient.

In congenital athyroidism and in the most marked forms of cretinism the little patients live a purely vegetative life; they eat, breathe, and sleep, and that is all. They do not even have the instinct of conservation, for although suffering from hunger and thirst they do not have the intelligence to take the food that is placed near them, and if they should not be actually fed, they would starve to death. They sit for hours, motionless, inert, and entirely unconscious of the surrounding world, insensible to good or bad treatment, and incapable of recognizing even their parents. They are indeed what Roesch calls the "man-plant."

If hypothyroidism manifests itself some time after birth, namely, after the child has undergone a certain degree of physical and mental development, the symptoms will be less accentuated. Such little patients do recognize their surroundings, and may even smile when they see their parents, thus showing that their cerebral system is able to register impressions, although in a very rudimentary degree. It is the vestiges of their early, but too soon interrupted cerebral education, that they show when they manifest signs of pleasure or discontentment, or when, for example, they make efforts to grasp toys lying nearby. Certainly they have sensations. Their psychic vacuum is not absolutely complete and they may even have perceptions. They have the instinct of conservation, since, if food is placed near them they will take it. They manifest their emotions, and possibly their perceptions, too, by grunts and growls. As a domestic animal may be taught, so may they be taught to be clean, and they may even be trained to do things which require only a rudimentary intelligence, such as to carry wood or water. They correspond to what Roesch calls the "man-animal." Of course between these extreme forms of hypothyroidism and cretinism and the fruste forms all degrees are found. But, to continue, the organs of sense show a greatly diminished function; the senses of smell, taste, and touch are not acute; sensibility is considerably reduced. The cretin will stand for hours in the full glare of the sun and show no signs of being discomforted by it. Indeed, their eyes do not seem to be at all affected by the intense light. They hear and speak with difficulty, and quite often are deaf and dumb. Sometimes the speech consists only in a few inarticu-

late sounds which are understood only by members of the family; when more highly developed many seem to have an especially great difficulty in pronouncing the consonants. Their memory is weak. They are unemotional, and in their affections resemble animals. If anyone has been unkind to them they do not forget it. On the other hand, they rejoice very much when, as Kocher says, "they see a friend of their stomach." They are very sensitive to cold, for not only is the central temperature reduced, but the peripheric circulation is also diminished. The blood-pressure is low; pulse small and easily depressible. Their muscular system is always poorly developed; their strength is in proportion to their stature and their movements are slow and awkward. The "frog-shaped" belly which is often found in cretins is no doubt caused by this general relaxation of the musculature, and this relaxed condition plays an important part, no doubt, in the etiology of hernias which are so frequent in cretinism. Since they show a profound dislike for any physical effort, they sleep most of the time, and for hours will sit motionless in the same place. More than once in the hospital ward I have found them sitting at the same place where I had left them hours before, in exactly the same posture, and totally indifferent to the external world. Their appetite is moderate, and they have a natural aversion to meat. Their digestion is bad, and, as a rule, they suffer from constipation. Cretins show great sensitiveness to the effect of alcoholic drinks. In regions where cretinism is endemic, every little town, so to speak, has its "cretin" (Fig. 82), and one of the greatest amusements of the unmerciful and heartless youth is to give a glass or two of wine to these poor creatures in order to intoxicate them and then to enjoy their contortions and queer faces.

Differential Diagnosis.—Since the symptoms of endemic and sporadic cretinism, congenital athyroidism, and spontaneous infantile hypothyroidism are so much alike, differential diagnosis is sometimes very difficult. In the majority of cases, however, it can be made.

Life in congenital athyroidism is ordinarily short. Death occurs most usually during the first two or three years. According to Ewald no case of congenital athyroidism is known to have lived longer than thirty years, whereas some endemic cretins have acquired notoriety by reaching the ages of fifty or sixty years, and even eighty-six years. In congenital athyroidism and spontaneous infantile hypothyroidism the myxedematous infiltration of the skin is very much more marked than in endemic cretinism. On the other hand, in the latter condition the retarded growth and deformations of the osseous system are less marked than in the former. A consideration of value in differentiating congenital athyroidism from cretinism is the fact that the latter condition occurs when goiter is endemic. To be sure, there are sporadic forms of cretin-

ism seemingly occurring in regions where no endemic is present. As a rule, however, we nearly always find in the ancestors of endemic and sporadic cretins, endemic goiters or other cretinoid conditions, serving as telltales.

In countries where cretinism is endemic, individuals who have goiter, who are of small stature, and at the same time have a certain mental deficiency are called "cretins." This appellation is not exact, as such individuals are not actually "cretins" but *cretinoids*. They represent a higher step in the scale of cretinism where, in fact, all degrees of cretinic degeneration may be found. Certain individuals may, at the first glance, appear to be normal physically and mentally, yet their stature, which is slightly under normal, their wide face, with low forehead, and the prominence of the malar bones, the slight touch of "saddle-nose" and their limited intellectual power show that these individuals have been stamped, although lightly, with the endemic. One need only to walk through certain Swiss valleys to become convinced of the fact that there are many thus afflicted. Indeed, we may go so far as to say that in certain districts the entire population is marked with the endemic.

In the first year of life it is extremely difficult to diagnose cretinism or any other form of hypothyroidism. At that age the child lives a purely vegetative life; it is even difficult to decide whether the child is normal or not. In fact the only symptom which might point toward thyroid insufficiency is a thick tongue, protruding from the mouth, or unusually thickened integuments. Sometimes the disease takes such a slow course that the child reaches the second or third year before anybody realizes that something is wrong with it.

When studying the embryological development of the thyroid we saw that the thyroid gland at birth is formed by a mass of non-differentiated cells. No colloid is present, and only in a later period do these cells shape themselves into normal alveoli. During this cellular anarchy it is permissible to assume that the function of the thyroid is greatly disturbed, and that it is in a state of hypofunction. Some authors, as Langhans, Kaufmann, and Bircher, go so far as to claim that the fetal thyroid is normally physiologically inactive. They regard the maternal hypertrophy of that gland as a compensatory process caused by the lack of thyroid function in the fetus. Although it is highly probable that the function of the thyroid during fetal life is diminished, it is, nevertheless, difficult to admit that the gland is in a state of complete physiological negativism. Let us not forget that there is a period, the vesicular stage, during fetal life when well-formed alveoli containing colloid are present. Nothing proves that the thyroid at that time does not functionate. Furthermore, it is a well-known fact that pregnant women afflicted with hypothyroidism see their symptoms of thyroid insuffi-

ciency improve greatly during pregnancy. This is most likely due, not only to the hyperplasia of their own thyroid but also to a compensatory function of the thyroid of the fetus.

The reason why symptoms of hypothyroidism become noticeable only after a certain period of time after birth and not at once, is still a debated one. Some think it possible that during nursing the milk of the mother contains thyroid products in sufficient quantity to supply the ones lacking in the newborn. What seems to corroborate this view is that the symptoms of hypothyroidism become noticeable at the weaning time. Cow's milk seems to have, although in a lesser degree, the same protective influence. On the other hand, when meat diet takes the place of milk alimentation, hypothyroidism symptoms progress very rapidly. It has been said that the thymus supplies the thyroid function during the first few months of the child's life, and then also becomes functionally insufficient. Possibly, too, the hyperplastic thyroid of the mother has left in the body of the newborn enough active principles of the thyroid to be sufficient for a certain period of time. Most likely, however, the best reason is that the symptoms of thyroid insufficiency are not, and cannot be recognized in their early development. Diagnosis is made only when they have acquired a certain intensity. Who can indeed say with a certainty that in a few months old child some of the manifestations of hypothyroidism, as for example myxedema and stupidity, are or are not present?

As a rule typical hypothyroidism is easily diagnosed. Some difficulty may be encountered in differentiating conditions which at first resemble those seen in thyroid insufficiency. For example, in certain forms of extreme chronic nephritis, of erysipelas of the face, when an edema develops slowly and may cover large areas of the body, a doubt might arise in one's mind as to their true nature, but a closer examination will solve the problem. At the time of menopause a transient edema may be seen, especially in the face. It was considered by Dalché as of ovarian origin and was called by him *ovarian pseudomyxedema*. The same author has described a form of cutaneous infiltration of syphilitic origin and called by him *syphilitic pseudomyxedema*. In the *familial trophedema* Meige described a form of cutaneous infiltration which must be regarded as of trophic origin. Certain forms of scleroderma might, at a superficial glance, be mistaken for myxedema, but a more accurate examination and palpation of the neck will dissipate all doubts. *Adipose degeneration of genital origin* and the one seen in tumors of the hypophysis may sometimes be confused at first with myxedema, yet a careful examination of the genital apparatus and the feminine aspect of the individual will direct the attention toward genital hypoplasia. In tumors of the hypophysis the presence of headache, symptoms of

compression on the brain, aided by an x-ray of the skull will clear up the diagnosis.

Dercum and Henry have described areas of a diffuse general lipomatosis more marked in certain regions of the body, as in the arms or back. This condition is accompanied by symptoms of neuritis and is very painful to pressure. It is called *adipositas dolorosa*. Perspiration may be diminished or absent. Such cases may be very difficult to differentiate from myxedematous conditions, but the normal psyche, the absence of edema in the hands and feet, in short, the general aspect of the patient will prevent the mistaking these conditions for such as are due to thyroid insufficiency. When doubt still exists, the thyroid treatment will throw some light upon the subject; *adipositas dolorosa* does not respond to thyroid opotherapy.

All forms of dwarfism are not by any means symptomatic of hypothyroidism. *Microsomia*, for instance, a condition in which individuals, although of very small stature, are perfectly proportioned, has nothing to do with thyroid insufficiency. As Bayon says, "It is a *lusus naturæ*, a stunt of nature." Bayon divides microsomia into *congenital* and *infantile*. In the congenital form the child is born extremely small, whereas, in infantile microsomia, the child is normal at birth, but for some unknown reason remains of extremely small stature. In both forms the different portions of the body, although remaining very small, are still proportionate one to another. Daniels and Philipp compare one in these states to "a little man seen through the wrong end of an opera glass."

The great majority of dwarfs seen in vaudeville theaters belong to the infantile microsomia. Such dwarfs continue to grow gradually for 35 to 40 years, and often so much so that after a certain period of usefulness on the stage they are discarded because they have grown "too tall."

Cases of *chondrodystrophia fœtalis*, *microsomia*, or *achondroplasia*, have been regarded in some instances as cases of cretinism. But if chondrodystrophia fœtalis were in relation to thyroid insufficiency, it certainly should be found much oftener in regions where goiter and cretinism are endemic. This is not the case. In fetal chondrodystrophy, if the children are not born dead, a careful examination shows that in such conditions symptoms of hypothyroidism are wanting. The skin is not infiltrated; constipation is not present; temperature is normal; the thyroid gland can be easily palpated, and the only deformity found is that the long bones are too short in proportion to the skeleton. In further development, the intelligence and genital apparatus of such patients prove to be normal. The whole clinical picture is due to a malformation of the cartilages, and not to the thyroid insufficiency. The bones grow normally in thickness but not in length.

In *infantilism* the osseous system and the soft parts of the body undergo their normal development; puberty only does not appear and the young individual retains an infantile appearance. In recent years Brissaud, of Paris, and his pupils have described a form of infantilism characterized by a persistence of the juvenile state as to body, intellect, and sexuality. The face is round, the body plump, and the extremities small. This is the Brissaud type, but in other cases the body has a slender shape, the extremities are thin, the face delicate. That is the Lorain type. These conditions have nothing to do with thyroid insufficiency.

There are some idiots who present a certain likeness to the Mongolian race. This pathological class has been called *Mongolism*. The mongoloid has an inward and downward slanting of the converging palpebral fissures. He has some intelligence and is able to utter more or less distinctly a few words. The tongue is not thickened. In opposition to the real cretin who remains sometimes for hours motionless, Mongoloids always show a certain restlessness in their manner. The abdomen is distended on account of obstinate constipation. The large fontanelle closes between the first and fifth year of life. Very often they have the saddle-nose as found in cretins. They are chicken-breasted. There is a great difference between the skeleton of the mongoloid idiot and the genuine cretin. In the first case the development of the bones is complete, while in the second they are considerably retarded. This can be easily demonstrated by an x-ray picture.

The skin of the mongoloid has no myxedematous appearance. The hair and nails are normal. Pfaundler and Schlossmann say, "The intelligence, which is from the beginning only slightly developed, has a tendency to continue on a low level, but still a distinct development is present. The speech is deficient, notwithstanding that the mongoloids understand their surroundings very well. They are unclean for many years and never reach the degree of intelligence that appears in the majority of cases of myxidiocy under thyroid gland therapy. A short comparison best shows the great difference between mongoloids and myxidiots. The mongoloid has no symptoms of myxedema in later years, no dwarfish growth, no apathetic, motionless manner, and none of the cessation of bodily and mental development peculiar in the myxidiot. He is uncommonly lively, dentition is normal, and he never shows the frightful, repulsive appearance of the myxocretin. Thyroid therapy affects them absolutely differently. The mongoloid reacts only in the beginning stage, not in psychic behavior. Teething, fontanelle closing, obesity, protrusion of the tongue are immediately and strikingly improved in the myxidiot, only partly, often not at all, in the mongoloid."

According to Bayon, in *microcephalia* the patients have a normal

stature, but the cranial circumference is below 52 cms., and they possess a brain whose weight is less than 1100 gms. These measurements, however, have really no great importance. More than once the brains of the most hopeless cretins have been found to have the same weight as a normal brain, whereas people with normal or even superior intelligence have been known to have brains quite below the normal weight.

Microcephalia should not be confused with hypothyroidism, as in the first instance the cranium is small, whereas in athyroidism and cretinism the skull is abnormally large for the small stature. As a rule the microcephalic patients are alert and vivacious which is just the opposite to what is found in cretinism. Furthermore, no myxedema is found in microcephalia.

Hydrocephalia has been confused sometimes with hypothyroidism and cretinism, yet this condition has no etiological relation whatever to thyroid insufficiency.

Rickets has been mistaken, too, for cretinism, and Hertoghe declares infantile hypothyroidism and rickets to be identical pathological processes. A closer examination of these two conditions soon convinces one that such a statement is not true. In rickets the cartilage between the shaft and the epiphysis of the long bones is greatly thickened, the line of ossification very irregular, more spongy and more vascular than normal. Beneath the periosteum, which strips off easily, there is an osteoid tissue resembling decalcified bone. In cretinism the cartilages are thin, and poorly supplied with bloodvessels; the line of ossification is very regular and linear. In rickets the intelligence of the patient is intact and the thyroid is normal. As Bayon says, "Rachitism is a disease of civilized centers, while cretinism is a disease of the poor, ignorant villages scattered in the mountains and valleys." Of course both conditions might be encountered in the same individual.

CHAPTER XVI.

SMALL THYROID INSUFFICIENCY.

BESIDES the glaring symptomatology due to absence or diminution of thyroid function and which, as we have seen, produces all forms of hypothyroidism and cretinism, there is a train of symptoms, more mild and less conspicuous, caused by a mild degree of thyroid insufficiency. Just as, for example, in renal disturbances, besides the big, more obvious symptoms of renal insufficiency, there are small, less apparent ones, so the same is true in hypothyroidism. Besides the big class of symptoms of thyroid insufficiency, we find another class scarcely sketched, or very atypical. To the first class belong athyroidism, hypothyroidism, and cretinism; to the second class belongs the *small thyroid insufficiency*.

What is true for all the glands of the body as the ovary, liver, etc., is true, too, for the thyroid; it may be congenitally weak. Although sufficient to meet the ordinary physiological exigencies, the thyroid soon becomes insufficient when confronted with increased physiological demands such as in menstruation, pregnancy, infections, etc.; hence symptoms of hypothyroidism.

In small thyroid insufficiency the symptoms are various and multiple. They are never all present at the same time. They may be found in earliest infancy, such as constipation, flatulence, and somnolence, as well as in a later period of life, as baldness, somnolence, and constipation. These symptoms are *sometimes, not always* due to thyroid insufficiency. Women are more predisposed to them than men. Heredity is also of importance, as it is not infrequent to find symptoms only mildly sketched in the mother, while they are more intensified in the children; the reverse may be true, too. I have seen a family in which all degrees of thyroid insufficiency could be found, from the mildest degree to a well-developed infantile hypothyroidism. The symptoms of thyroid insufficiency were so mild in one member of the family that almost everyone would consider it as a joke of very bad taste to call that patient thyroidly insufficient. Yet the small symptoms of thyroid insufficiency which she complained of were very suggestive, and were relieved by thyroid opotherapy.

The part played by consanguinity in the development of hypothyroidism has been well demonstrated by Hertoghe.

Caloric disturbances such as cold extremities, sensation of chilliness, etc., are regarded by Hertoghe, Gauthier, Levi and Rothschild as

of thyroid origin. Such patients are very sensitive to cold seasons, are never warm enough in summer, do not like draft and complain of rheumatic pains and neuralgia.

Certain *gastro-intestinal disturbances* must be referred to insufficient thyroid function as, for instance, lack of appetite in certain children. Such young patients do not enjoy their meals, they care much more for sweets and, as a rule, do not like bread. Constipation is one of their chief complaints. Constipation due to thyroid insufficiency does not differ materially from constipation due to other causes. Its supreme test is thyroid treatment. It is found in every stage of life and in both sexes, and is characterized by a small stool, made of hard, dry fecal matter. It would be an error to claim that every constipation is due to thyroid insufficiency. When, however, every other therapeutic measure has failed, and especially if at the same time, some other small symptoms of thyroid insufficiency are present, the thyroid treatment must be given a trial. As was demonstrated by Marbe in dogs with intestinal fistula, thyroid opotherapy increases the secretions of the intestinal canal, and hence its evidently good influence on constipation. Possibly, too, the thyroid has an elective influence on the neuromuscular centers of the intestinal tract.

As seen in the chapter on Physiology, the relations between the thyroid and the *sexual apparatus* cannot be denied. We know that normal development of the genital organs goes more or less hand in hand with a normal condition of the thyroid. This has been abundantly demonstrated clinically and experimentally as in athyroidism and cretinism where menstruation remains absent, and puberty is considerably retarded.

On the other hand, during menstruation the thyroid becomes congested and enlarged. This explains why during menstruation some women complain of a choking sensation and show Basedow symptoms.

On the other hand, the relations between the thyroid and pregnancy are well known and the hypertrophy of the thyroid seen in pregnant women is not only due to hyperemia, but is also caused by a true hyperplasia. Gauthier, Parhon and Gaulstein have shown that the thyroid and ovaries seem to be antagonistic—the more active the thyroid, the less active is the ovarian function. Inasmuch as during pregnancy the ovarian function is suspended, the thyroid function is increased. This would explain why hypothyroidism is considerably ameliorated during pregnancy. Of course, the thyroid of the fetus may account, too, for this amelioration.

At the time of menopause the ovarian function ceases, the thyroid flares up and becomes hypertrophied, causing nervous and psychic disturbances to appear. However, after menopause has become a well-

established fact, the thyroid gland may undergo atrophy; hence symptoms of hypothyroidism.

In conclusion we can say that the relations between the thyroid and the sexual apparatus are very intimate. We must, consequently, expect to find conditions in the genital apparatus of women, which, although at first seemingly atypical for hypothyroidism, are nevertheless etiologically related to it. Let us see if this is true.

It is common to see young girls apparently normal in whom puberty is retarded. In some of these cases of retarded, momentarily suspended or even totally suppressed menstruation, this hypo-ovarism is due to hypothyroidism. Infantile uterus accompanied by hypoplasia of the ovaries and of the entire genital apparatus might be regarded, too, as a consequence of hypothyroidism. Premature menopause followed by subinvolution of the genital apparatus, in other words, premature senility of that system, may also be regarded as a consequence of hypothyroidism. In some cases the disturbances are not objective, but only functional. Typical, for instance, is the case reported by Levi: a lady, aged thirty years, who since her puberty had menstruated but four or five times a year, and who complained of baldness of the masculine type. She was regarded by this author as a case of hypothyroidism and treated accordingly. Soon after treatment menstruation became regular, and remained so. In the same class is the case reported by the same author of a young girl, nineteen years old, whose menstruation was constantly retarded or absent, and which became regular after thyroid opotherapy.

Menstruation, instead of being retarded or absent, may be advanced, very abundant, and may last too long a time. In such cases menstruation is transformed into menorrhagia. In other cases menstruation is advanced and abundant, but its duration is not increased. Some other times there is, as in one of my cases, a constant serobloody discharge lasting for years. Dysmenorrhea, when no other cause can be found, may be regarded as a form of thyroid insufficiency. Sterility, too, may be in certain cases benefited by thyroid opotherapy. Hertoghe believes that sometimes abortions, when not due to syphilis, tuberculosis, or some other cause, may be regarded as some manifestation of hypothyroidism. These views are corroborated by the fact that in endemic goiter and cretinism, abortions are extremely frequent.

Hertoghe also believes that retarded growth of the *osseous system* in rickets, heredosyphilis, etc., is directly or indirectly due to thyroid insufficiency. Infections and intoxications affect primarily the thyroid, hence their influence on the growth of the skeleton. Gauthier was the first to call attention to the fact that *retarded consolidation in fractures* might, in certain instances, depend upon thyroid insufficiency. Here, again, before using the medication, every other possibility, such as

interposition of muscular fibers between the fragments, syphilis, etc., which might interfere with consolidation, should be carefully investigated, and only when everything has failed, should thyroid medication be resorted to.

Certain forms of *dermatosis* such as acne, herpes, eczema, psoriasis, scleroderma, etc., may in certain instances depend upon thyroid insufficiency. This to a certain extent seems plausible, as we know that the thyroid has an undeniable influence over the nervous system and the metabolism in general.

A number of other conditions might be regarded as the consequence of thyroid insufficiency. It would take me too far to go into more details. Those who might be interested in these questions may look them up with great benefit in Hertoghe, G. Gauthier, Levi and Rothschild.

I should not like to be understood as saying that every case of retarded consolidation, every trouble of the genital apparatus, every disturbance of the gastro-intestinal tract, or every skin disease is the consequence of thyroid insufficiency, and that thyroid treatment is the only one indicated in such conditions. I say only that, according to my knowledge along that line, and according to the wide experience of such other authors as Hertoghe, Gauthier, Levi and Rothschild, there are certain conditions which may be greatly benefited by thyroid treatment; this treatment, however, should be resorted to only when a careful differential diagnosis with other possibilities has been made, and only when other therapeutic measures have failed. In certain instances the facies of the patient, his mental development, an exaggerated adipositas, or some other symptoms of thyroid insufficiency may point out the real cause for the pathological conditions with which one is confronted. But many other times no sign of hypothyroidism whatsoever is found which might put the physician on the right scent. In such cases, if every other therapeutic measure has been tested, it will do no harm, and may do a great deal of good, to try thyroid treatment.

CHAPTER XVII.

ETIOLOGY OF ENDEMIC GOITER AND CRETINISM.

Historical.—Despite all modern investigations and researches the etiology of *endemic* goiter still remains one of the most obscure of medical problems. The disease is probably as old as the human race and is mentioned in the literature of the earliest people. The Atharva Veda, an ancient Hindu collection of incantations dating 2000 years before Christ, contains extensive forms of exorcism for goiter.

It is evident from the writings of Vitruvius and Juvenal, that goiter was known to them. Vitruvius says, “Guttur homini intumescit praesertim apud agricolas Italiae et medullos Alpinos.” (Maurienne et Tarentaise) and Juvenal writes in a passage of his Satires, “Quis tumidum guttur miratur in Alpihus.” Marco Polo relates in his travels (13th century) that goiter is prevalent in the plateau of Central Asia. During the Renaissance the observations of the Swiss physician and alchemist Paracelsus (1493–1541) are especially noteworthy not only because of his excellent description of the malady in the region of Salzburg, an important focus to this day, but also because therein attention is first called to the existing relationship between goiter and cretinism, and the earliest positive information given concerning the latter disease. The literature of the 16th and 17th centuries offers little of interest on this subject. Hirsch gives a list of authors who report concerning the occurrence of goiter and endemic goiter centers in the Alps, in the Pyrenees, in Hungary, in the Atlas Mountains, in Peru, in Guatemala, in Sumatra, in the Harz, and Riesengebirge, etc. None of such writers, however, treated the subject from a more comprehensive point of view or studied the question scientifically. It is true that in 1779 Saussure furnished us with some interesting observations in his *Voyage dans les Alpes*, but we are indebted to Malacarne, of Turin, for the first scientific treatment of the subject in the report of his observations in the Valley of Aosta, published in 1789 (Torino, 1789, *Sui Gozzi e Sulla Stupidita*). In 1793 appeared Fodéré's basic essay on *Goiter and Cretinism in the Maurienne and Aosta Valley*, and in 1800 his *Treatise on Goiter and Cretinism*. Following closely upon this we have the work of Coindet and Maunoir at Geneva (1815–1822); of Rambuteau, *Imperial Prefect in the Valais*, and of Iphofen in Saxony (1810–1818).

Toward the middle of the last century the importance of the question from a sociological point of view was officially recognized and in 1848 the Sardinian Government named a commission for the purpose

of investigating the causes of endemic goiter and of finding a remedy for the disease. This example was followed in 1864 by the French Government. These commissions, after several years of research, produced elaborate reports which threw little new light upon the question but seemed to establish as a scientific fact the popular belief in the hydric origin of goiter.

Since early in the 19th century there has accumulated such a wealth of goiter literature that it is impossible to enumerate all of these publications. In the Index Catalogue of the Surgeon-General's Office, U. S. Army, not less than 1857 publications are enumerated under Cretinism, Goiter, and Thyroid Gland. Recently M. Scholz mentions 2486 publications concerning cretinism alone. A. Hirsch, in his *Study of the Historical and Geographical Relations of Goiter*, has given an admirable and in many respects still unsurpassed recital of the historical development and various endemic and epidemic occurrences of the disease. In 1908 Switzerland created a goiter commission presided over by M. Schmidt, Director of the Federal Bureau of Hygiene, Berne. Italy has recently followed this example, and both commissions are supposed to work along experimental lines which cannot fail some day to throw light upon this still obscure question.

Geographical Distribution of Endemic Goiter and Cretinism.—Perhaps to no other disease can the term *endemic* be so appropriately applied as to goiter. Entire districts are so intensely affected that a large proportion of the inhabitants are goiter-bearers, the disease affecting animals as well as human beings. The limitations of the areas subjected to the endemic are so sharply defined that sometimes a hill, river, or even a street, may form the dividing line between the goiterous locality and immune territory.

Further demonstration of the localized character of the malady can be found in the numerous examples of individuals from goiter-free districts who rapidly acquire thyroid enlargements while living in regions of goiter endemicity, and who recover on removing to immune territory, or *vice versa*, in the numerous cases of goiter-bearers who remove from the endemic region sufficiently early in the development of the disease before colloid and cystic changes have ensued in the gland, when the tendency is for the struma to disappear. Thus, according to Guyon, emigrants from the Canton of Valais, lost their goiters in Algiers; and Hübner reports that 16,000 emigrants from the district of Salzburg, in general goiterous, saw this infirmity disappear after settling in Prussia. Cardinal Billiet writes, "When an infected family moves to a parish not in endemic territory, such goiters as are not too severe, disappear gradually, and in the second or third generation, this family will acquire normal thyroid glands."

Endemic foci are distributed over all the inhabited portion of the earth's surface. So closely associated with goiter is the distribution of cretinism that the geographical occurrences of both forms of disease cannot be easily separated, and are most comprehensively and adequately treated together. In Europe the center of highest endemicity for goiter and cretinism is to be found in the Middle Alps, whence it radiates in diverse directions. There are numerous other foci in connection with different ranges or deep-lying river valleys as the Carpathian, Pyrenees, etc. But even within these areas, the endemic is not uniformly distributed.

In Switzerland, the Canton of Valais, the valleys of the Rhone and its tributaries are centers of high endemicity. The Valley of the Reuss in the Canton of Uri, and the Valley of the Aare in the Canton of Aarau are severely affected. The endemic is most intense in the Cantons of Berne, Argovy, and Fribourg; no canton, however, is completely immune. According to Bircher, from 22 to 50 per cent. of the school children and from 15 to 30 per cent. of the recruits are goiterous in the districts on the right bank of the river Aare. The statistics furnished by Kocher show from 80 to 90 per cent. of the school children of Berne to be goiterous.

The endemic is intense in the valleys radiating from Mont Blanc into Lombardy, and from the Alps of Savoy into the neighboring departments of the Basses-Alps, the Maritime Alps, the Haute-Garonne, etc., where both goiter and cretinism are prevalent.

The extent of the social and economic loss due to the goiter endemic in European countries is scarcely appreciated. As we know, goiter and cretinism go hand in hand. As early an observer as Fodéré remarked that "goiter is the first degree in a degenerative process of which cretinism is the last step," and since then the majority of scientific investigators have adopted the same conclusions.

Fodéré, Maffei, Roesch, Traxler, Morel, Lombroso, Milani, Marchant, Lourdes, Koestl, and Chabrand consider the causal factors of both diseases identical. Maffei calls goiter the "precursor of cretinism," Roesch considers it the "first link in the chain of degrees and forms of cretinism," Morel says that "goiter is the first stage on the road that leads to cretinism," and Niepce refers to goiter as the "first degree in the degenerative process of which cretinism is the final term." Other investigators lay more stress upon the etiological relationship, believing that where the endemic factors are light, goiter alone is to be found, and that where they are severe, cretinism appears. Rambuteau says, "The causes of goiter and cretinism are the same, and only differ in the degree of activity," and Milani affirms that "where only goiter is to be found, we can be certain that the endemic factors are mild." We may there-

fore conclude that where goiter is at home, cretinism is rarely missing, and in regions of high goiter endemicity it is frequent. This is true not only of the Central European Alpine region, but also of the high plateau of Middle Asia and all other goiter regions of the earth. This local and geographical joint occurrence indicates, of course, an intimate connection between the conditions of both maladies. Griesinger writes, "Where the endemic is very severe, the entire population is affected. Besides the true cretins, the half-cretins, and goiter-bearers, there are innumerable weak-minded, miserable, and badly proportioned individuals; there are many deaf-mutes, stutterers, and stammerers, and strabismus and deafness are frequent. Through the entire native-born population runs a streak of physical degeneration and mental dulness; even those individuals who pass for healthy and intelligent, are, on the whole, unlovely, narrow-minded, and sluggish, and the country teems with mean-spirited philistines in whom the qualities of heart are insufficient to compensate for the lack of intellect."

Often the influence of the cretinoid degeneration is to be observed only in symptoms to which ordinarily no significance is attached, they are considered as racial peculiarities or family characteristics, etc., but not as the sign of a pathological process which they really are. Among these symptoms must be classed, abnormally small stature with disproportionately long body and short legs, ugly repulsive features, mean-spiritedness, diminished mental faculties, retarded development, etc.

Close observers have long ago noted that these peculiarities are not accidental, but stand in close relationship with the prevailing endemic goiter and cretinism.

That *deaf-mutism* must be included in the cretinoid degeneration has been scientifically established by the investigations of Bircher and others. Deaf-mutism is to be found elsewhere than on endemic territory, but is of rare occurrence and is not associated with idiocy. In countries exempt from goiter there occur 3 cases of deaf-mutism per 10,000 inhabitants, while in endemic centers it is far more frequent. Among civilized countries, Switzerland possesses the highest number of deaf-mutes. The statistics of 1871 show a general average for the whole country of 24 per 10,000 inhabitants. Were we, however, to separate the endemic territory from the rest of the country, the relative figures would be far higher, amounting in some regions to 250 and more per 10,000 inhabitants.

In Austria the regions where severe goiter endemics prevail suffer proportionately from an endemic deaf-mutism; in Salzburg there are 27.8 deaf-mutes per 10,000; in Styria 20, and in Carinthia 44 per 10,000. The endemic is most intense in the Carinthian district of St. Veit and Wolfsberg and in the Salzburg district of Zell where there are more than

50 deaf-mutes per 10,000 inhabitants. This coincident and parallel movement points to a close inner relationship. These statistics as to endemic deaf-mutism have been drawn from H. Bircher's monograph on *Endemic Goiter and its Relationship to Deaf-mutism and Cretinism*. His conclusions are: "We must consider endemic deaf-mutism not only as an accompanying symptom of cretinism, but also as an intermediate form of the cretinoid degeneration between goiter and cretinism." He further says, "It is my belief that endemic goiter, deaf-mutism, and idiocy are only different degrees and ultimate results of one and the same degenerative process." Moreover, the endemics of these diseases are invariably concurrent, that is, the severer forms of the degeneration such as deaf-mutism and idiocy do not occur without the milder form—goiter. But where the endemic is slight, goiter may occur without deaf-mutism and cretinism. In conclusions based upon investigations made in the deaf and dumb asylums of Switzerland, Bircher states that while two-thirds of the pupils in these asylums are cases of endemic deaf-mutism and one-third sporadic, it is safe to affirm that 80 per cent. of all deaf-mutism in Switzerland must be attributed to the prevailing goiter endemic. Of the pupils in Swiss asylums for the deaf and dumb 72 per cent. are goiterous.

In the Provinces of Piedmont, Lombardy, and Venice, in 1883, among a population of 9,565,038 there were 128,730 goiter-bearers and 12,882 cretins. That is, about 1 in every 67 of the inhabitants was either goiterous or cretinous.

In the Tyrol the statistics, made by the Austrian Government in 1883, show 930 cretins in a population of 797,040; the number of goiters is not given. In Cisleithania, Austria, with a total population of 21,840,112, there were in 1883, 12,815 cretins, or 58.6 per 100,000. In the District of Murau in Styria, where the endemic is most intense, the proportion of cretins is 1045 to every 100,000 inhabitants. In France Baillarger estimated in 1873 that the total number of adult goiterous individuals over twenty years of age reached 370,043, and that of cretins about 120,000; that is, in a total population of 36,000,000 the proportion of goiter subjects was 1.04 per cent. and that of the cretins, 0.33 per cent. These figures, however, change most significantly if we consider the regions where the endemic prevails with the greatest intensity separately; we then find in the department of Savoy, for instance, 133.7 goiterous individuals per 1000, and in the valleys of the Maurienne and Tarantaise respectively, 22.7 and 14.5 cretins per 1000.

According to the statements of Mayet in 1900 these conditions as given by Baillarger have not altered appreciably. McCarrison reports that in the part of the Himalayas where his researches were carried out,

goiter is so common that in some of the villages it is difficult to find man, woman or child not suffering from the deformity. He estimates that not less than 20 per cent. of the population of Gilgit suffer from goiter, and he found in a population of 70,000 over 200 cretins. In Himalayan India and Europe alone McCarrison estimates the number of sufferers from goiter at about 5,000,000. In fact it cannot be sufficiently emphasized that goiter exercises an eminently destructive racial influence, and that where it is endemic the capacity for physical and intellectual work must be seriously undermined. Nor must it be forgotten that the mortality for endemic centers is considerably higher than elsewhere.

In Tyrol, Carinthia, and Styria there are numerous goiter and cretin centers, the disease descending from the mountain slopes into the plains and appearing here and there along the river valleys such as the Danube, Enns, etc. Despite the very striking association of goiter with mountainous regions, it is not confined to them. St. Lager tells us that it is prevalent on the plains of Lombardy, of Piedmont, and of Alsace; that it occurs on the plains of the Danube in Upper and Lower Austria, and that it is met with on the plains of the Lena and Obi in Russia and along the St. Lawrence River in Canada; and that it is even to be found in some of the oases of the Sahara. Goiter is very rare in the North German Lowlands, in Denmark, the Netherlands and in the Scottish Highlands. In Sweden, according to Ewald, there existed in the whole country in 1867 only 628 goiter-bearers, of which 579 were to be found in the District of Falun. In France the Alpine Departments, the Vosges, Cevennes, the Pyrenees, and the high central plateau are affected.

The disease is so common in certain parts of England that it has been known as the "Derbyshire neck." It is especially prevalent in Derbyshire, Hampshire, and Sussex. In Spain endemic centers exist in the Pyrenees, Asturia, and Galicia. The mountains of Asia, Japan, and many of the Asiatic Islands have numerous foci. The Himalayas, the Cordilleras, Caucasus, Ural, Atlas, and Altai Mountains all have goiter centers. Goiter occurs also upon islands like Ceylon, Madagascar, the Azores, Java, and Sumatra.

Goiter is to be found in North America where Munson has observed closely circumscribed endemics among the Indians. According to Bircher (who gives St. Lager as his authority), endemics accompanied by deaf-mutism prevail in the States of New York, Ohio, Virginia, Michigan, Kentucky, Tennessee, Maine, Vermont, Connecticut, Massachusetts, and New Hampshire. There are 15,000 feeble-minded in Ohio. In Wisconsin endemic goiter is common. The region of the Great Lakes is reported by Dock, Osler, and Adami to have numerous

goiter centers. Ashmead tells of an endemic center in Pennsylvania, and Holder, of centers in Montana, Dakota, Mississippi, and also in the vicinity of the Rocky Mountains. Marine finds the disease widely disseminated along the Great Lakes, not only among human beings, but also among animals. He states that the endemic is especially severe among sheep. According to his investigations, 90 per cent. of the street dogs of Cleveland are goiterous. In the United States and Canada goiters, though numerous, are, as a rule, not large, and cretinism is rare. Along the shores of Lake Erie, Adami speaks of French-Canadian villages in which scarcely a family is to be found without one or more goiterous members.

In South America the first explorers of New Granada were astonished to find the banks of the Rio Magdalena inhabited by a race of heavy and stupid savages of sluggish habit who passed their days in sleep. Among the goiterous Indians of the Peruvian plateau, cretinism had reached such a degree that it required nothing less than a papal bull from Paul III to convince the missionaries that these were indeed men with souls to be evangelized.

In Brazil the river which divides the provinces of Corrientes and Entre-Rios is called the Guay-qui-raro or "thick-neck maker" by the Indians, a convincing testimony as to the existence of the endemic in these regions.

In the Balkans the Struma River, along which heavy fighting has been taking place during this great world war, is called "Struma" because of the prevalence of goiter along its banks and tributaries.

It has been asserted by Saussure and Demme that goiter was not to be found above an altitude of from 3000 to 3600 feet, and Demme and Maffei maintain that it does not occur under 900 feet. We know both of these theories to be untenable. McCarrison met with goiter at 10,000 feet in the Himalayas, and we have reliable information as to its existence up to an altitude of 15,000 feet (Nepal, Kemaon, Kashmir, etc.), and at 6000 feet in Savoy as well as on the high plateaus of Bolivia and Peru.

The mountainous regions of the Upper Tonking, Laos, and Yunnan, as shown by Clavel, Simon, Billet, and Jouveau-Dubreuil, may be considered as one of the great boulevards of goiter just as severely affected as the Alps and Himalayas. In 1896 Billet wrote of Kao-Bang, "This affection is extremely common among the native population inhabiting the rocky amphitheatres and deep gorges of Upper Kao-Bang."

ECONOMICAL, SOCIAL AND MILITARY SIGNIFICANCE OF ENDEMIC GOITER AND CRETINISM.

In an interesting article on goiter as an economic loss, Dr. Oswald writes, "If we allow the military statistics of Switzerland to speak for themselves, we shall see that an average of 1700 recruits, *i. e.*, 7 per cent. are annually pronounced unfit for military service because of goiter, and 400 drilled soldiers, *i. e.*, 2 per 1000, are annually discharged from the service because of the same malady. Because of idiocy, 180 conscripts are annually rejected. The medical conception of idiocy includes many conditions, but it is certainly not too much to attribute half of this number to cretinism, which gives us the figure of 90. Eighty recruits are annually rejected on account of deaf-mutism, two-thirds of which number must be considered as due to cretinoid conditions, and this gives us the number of 52 to be included in our calculations. Because of insufficient stature, 1900 recruits are annually rejected from military service, of which number at least one-half must be attributed to the cretinoid degeneration, so we again have the number of 950. By adding these figures together, we obtain the very considerable total of 3000 recruits annually rejected because of the goiter endemic and should we continue our calculations through the ten years of Swiss military duty, we come to the enormous figure of 30,000 or nearly one-fourth of the Swiss Army." Bircher calculates the loss to the Swiss army due to the goiter endemic at one-sixth of its total force. In France, out of a total of 300,000 recruits, 1200 are annually rejected because of goiter. In Italy 3 per cent. of the conscripts were rejected from military service between the years 1859-1864 because of goiter and cretinism.

It is self-evident that these figures have an economical as well as a military significance. It is hardly necessary to mention that cretins, the feeble-minded, the deaf and dumb, become in one way or another a burden upon society. Although the demands which military service make upon the capacity for work are, of course, greater than in the ordinary occupations of civil life, there are many large industries which, on general principles, do not employ young men who have been rejected from military service, and while young men of this class may be for a time unhindered in their callings, they are often ultimately obliged to seek an easier occupation because of infirmities due either directly or indirectly to their goiters.

In these figures women have not been taken into consideration, and they are, as we know, more severely affected than men by the endemic. Baillarger has estimated that in France the relative proportions as to sex incidence are approximately 2 : 5, but where the endemic is intense, the number of goiterous men more nearly approaches that of the women.

The main bulk of the population is not included in these calculations, but although it is impossible to secure such comprehensive and reliable statistics for the entire population, these military statistics are sufficiently illuminating as to the enormous drain upon the defensive and economical resources of certain countries.

GOITER EPIDEMICS.

Goiter epidemics usually occur in endemic territory, or at least, in regions where sporadic goiter is not rare, and are most frequently to be observed in groups of young people, newcomers to the goiterous locality. These epidemics have been exclusively observed in barracks, boarding schools, seminaries, prisons, or other agglomerations of individuals in crowded space, and do not affect, as a rule, the general population.

The first in date of these epidemics was noticed by Forster, ship's surgeon with Capt. Cook in 1772. While the ship was floating among icebergs, the crew collected pieces of the ice and melted them for drinking purposes. The exterior only was salty, and when this had been melted away, the water obtained was sweet and palatable, and evidently of fresh-water origin. All of the crew who drank of this water suffered from swelling of the thyroid gland, but those who refrained from using it were not affected. Since this epidemic occurred in midocean, St. Lager thinks it cannot be associated with endemic goiter, whereas, Bircher argues that the ice, having been of fresh-water derivation, was probably formed in some goiteriferous river. As it is a well-known fact that microorganisms resist the low temperature of ice, he considers that the Cook epidemic belongs in the endemic class. Repin, on the contrary, thinks that this case has no connection with endemic goiter and is to be considered as a congestion, "a frigore," such as appears suddenly among soldiers after drinking glacier water. According to my judgment, Bircher's view is the preferable one.

Meyer-Ahrens reports an epidemic occurring in a military school in Kronstadt (Siebenbürgen) in 1784. Of the 38 pupils, 36 became goiterous in a short time, and 2 of the 7 adults in the institution acquired goiters. The drinking water could not be incriminated as it was the purest in Kronstadt, and was used outside of the institution without deleterious results. Investigations were therefore made as to the hygienic conditions within the buildings, and as a result, the rooms were found to be small, badly ventilated, and overcrowded. With a change of quarters and an amelioration of these conditions, the epidemic disappeared. Another epidemic is reported by Valentin and cited by Ewald and H. and E. Bircher. Early in the year 1783 an infantry regiment was transferred to Nancy where the endemicity is slight. During the

winter of the same year, which was remarkable for its sudden changes of temperature and general bad weather, 38 men of this regiment acquired goiter; in 1785, 205 men became goiterous; in 1786 there were 425 cases; in 1787 the number of cases had diminished to 257; in 1788 to 132; and in 1789 the epidemic terminated with 43 cases. It is especially noteworthy that in this epidemic only the common soldiers were attacked, the officers, corporals and sergeants remaining exempt from the disease, although living in the same barracks and making use of the same drinking water. This exemption has been attributed to the fact that the officers and non-commissioned men drank wine, while the common soldiers were obliged to satisfy their thirst with water. As my observations have not convinced me that the common soldier is more addicted to drinking water than his superior officer, this theory does not seem to me conclusive. Taussig thinks the explanation of this immunity is to be sought rather in the more isolated lodgings of the officers and their less frequent and close contact with the soldiers suffering from the epidemic. He regards this case as evidence in favor of the infection by contact theory, of which he and Kutschera are adherents.

The epidemic which occurred in the fortress of Silberberg in Silesia during 1819 has been given a detailed and still interesting description by the regimental surgeon, Haneke. Goiter is still endemic in the town of Silberberg (Eulengebirge), and even at that time the drinking water was regarded as the principal etiological factor. Haneke states that the recruits were drawn from immune territory, and that after scarcely three weeks' residence in the fortress, many of the young soldiers complained of oppression and shortness of breath in mountain climbing. Examination of these men showed the thyroid gland to be swollen, but still soft. As they were otherwise in good health, Haneke recommended that they be permitted to perform their service with open collars. The number of those affected augmented so rapidly that early in 1820 some 20 odd were admitted to the hospital, the thyroid gland having acquired such volume that, even with open collars, it had become impossible on account of dyspnea for the soldiers to perform their military service. During the following summer the development of the disease was slow, but in the ensuing autumn which was exceedingly damp, cold and stormy, the epidemic rapidly assumed such proportions that out of the 380 composing the battalion, 60 had been reported goiterous by November 17, and on November 20, three days later, this number had increased to 100 and augmented steadily until December, when only 70 of the battalion were exempt. Haneke further states that those individuals who used only boiled water, very rarely showed any swelling of the thyroid gland, and that where a slight enlargement occurred, it never developed into a real goiter. Eventually the epidemic became so severe

that the battalion was transferred to Schweidnitz where, within a short time after removal from the goiterigenous influences, the condition of the men improved and all traces of the goiters acquired in Silberberg disappeared, except in those cases where chronic changes had ensued.

In citing this epidemic, Schittenhelm and Weichardt remark that, "Young adolescent recruits from the Polish plains were subjected to those intensely goiterigenous influences," and they furthermore add, "It is peculiarly significant for our conception of the etiology of goiter that these young people, belonging to a population totally exempt from the endemic, should be so acutely and subacutely affected by the disease."

Epidemics were observed in 1859-61-63 in Colmar when different regiments were successively attacked, first the cuirassiers, then the infantry and cavalry. Epidemics occurred repeatedly in the barracks of Briançon during 1812, 1819, 1826, 1841, 1842, 1850, 1857, 1860, and 1863. These have been reported by Collin.

Fodéré observed goiter epidemics in Strassburg and says that soldiers in garrison there seldom escape goiter. He also saw an epidemic in the Collegium of Strassburg during which over one-third of the students developed goiter. According to Sigand, goiter suddenly developed among the Brazilian recruits of the Rio Urubez (Goyaz) with such severity that the recruits were seized with panic and deserted to their own homes in the Province of Para where their goiters rapidly disappeared. Urubez is known as an endemic center.

In Neu Breisach between the years 1847-71 five epidemics are reported, during the last of which in an infantry regiment of 1002 men there were 647 cases of goiter.

In the year 1877, during an epidemic in Belfort, 900 of the 5300 men in the garrison became goiterous. Seidlitz reports an epidemic which occurred in 1877 when the Russian troops, during the war with Turkestan, occupied the city of Kokan; of the 2753 men, 245 became ill with goiter and the condition of the troops became so alarming that they were transferred to the neighboring city of Margelan where a satisfactory amelioration immediately ensued.

Hesse observed a goiter epidemic in the school of non-commissioned officers in Marienberg, Bavaria. The pupils were from 14 to 17 years of age, and the epidemic was attributed to the tight coat collars, this portion of the uniform often becoming too small because of the rapid physical development due to the youthful age of the pupils. Goiter is not rare in the population of Marienberg.

In Clermont-Ferrand an epidemic is reported as occurring in 1812 in the local seminary when 50 of the students developed goiters within a short time. Several epidemics of goiter occurred in the barracks of

Clermont-Ferrand between 1843 and 1860. In 1889 Augieras observed in Clermont-Ferrand two peculiarly localized foci—one in the wing of a pavilion, and the other in the third floor of a barracks. More recent epidemics are reported by Costa in Drome, by Caljage in Finnland, occurring in an otherwise goiter-free territory. Cantemessa in Northern Italy reports an epidemic in a military camp, and asserts that such epidemics not infrequently occur among soldiers without being attributable to drinking water or to soil formation. Cantemessa attributes these epidemics to infectious conditions due to extreme summer-heat, great fatigue, and lack of hygiene.

Bottini observed an epidemic in the prison of Pallanza when, because of reconstruction of one of the wings of the building, the prisoners were crowded together in the remaining part of the prison; after cessation of this temporary overcrowding the epidemic disappeared.

Numerous goiter epidemics have been reported in boarding schools and educational institutions in Lausanne, in Stuttgart, etc., and in the Bishop Cotton School in Simla, India. Kutschera reports an epidemic in the school-house in Göss (endemic territory). The headmaster, his wife and six children, all having come from a goiter-free locality, acquired goiters within two years after occupying an apartment in the school-house. In 1907, 60 per cent. of the children of the school were goiterous.

E. Bircher cites an interesting observation made by Cardinal Billiet in the Normal School at Albertville. From 1840 to 1860 a girls' school occupied the buildings and goiter was unknown. In 1860 architectural alterations were made, and the rubbish from the construction was thrown around the well. The buildings then passed into the possession of the Normal School and within a short time from 25 to 30 per cent. of the pupils became goiterous. Upon replacing the well-water by rain-water for drinking purposes, this epidemic entirely disappeared.

The difference between epidemic and endemic goiter is quantitative rather than qualitative, the same conditions and deleterious influences being the cause of both. The fact that epidemics usually occur under overcrowded living conditions where the air space is inadequate, has led McCarrison to suggest that, "Under these circumstances the thyroid gland which is intimately concerned with the gaseous exchanges of the body may be abnormally taxed, and the addition of goiterous influences may, by making a further demand upon its functional activity, result in some cases in its visible enlargement."

These epidemics in most cases show the same seasonal fluctuation or tendency to increase during the summer season as the endemic disease, hence the name, "estival goiter," or "summer goiter." There seems to be no doubt that the conditions for the development of goiter are more favorable during the summer months. Nevet says that the

goiter curve in Central Europe reaches its maximum during the months of May and June and McNamara writes of Himalayan India: "It is during and after the rains that the disease most commonly begins and most rapidly develops." This seasonal recrudescence bears some analogy to typhoid fever and to other infectious diseases, and might indicate pollution of the water supply as an etiological factor. Some authors attribute this increased intensity of the disease during the warmer months to the greater quantity of drinking water consumed.

FLUCTUATIONS OF ENDEMIC GOITER.

One of the most interesting manifestations of this enigmatical disease is the fluctuation in intensity to which it is subject. Whenever the course of goiter and cretinism has been studied over a long period of time, it has been observed that the disease fluctuates, sometimes alternately increasing and declining, sometimes diminishing persistently until it ultimately disappears. Or, the disease may augment in severity in localities where the endemic has been mild, and even makes its appearance where it was formerly unknown. Again, the epidemic may disappear almost entirely, persisting only as isolated cases which are then called, "sporadic." If in the latter localities, epidemics of goiter occur, they are usually not attributed to the slight persistent endemicity to which they are really due, but are considered as of sporadic origin. The goiterigenous agent seems to be in abeyance rather than absent, and is apt to attack susceptible newcomers, especially if living under non-hygienic conditions, or if crowded into buildings and sleeping rooms with inadequate air space, as soldiers in barracks, or children in boarding-schools and students in seminaries.

James Berry has truthfully said that, "Most goiters may be considered as belonging to the endemic class, but the endemicity is so widely spread over the whole country, while at the same time it is so slight that it escapes notice, and cases of goiter are often considered as sporadic which should more correctly be classed as endemic." Baillarger, who studied the question in 60 departments of France, proved conclusively that between the years 1830-1865 the endemic had increased in 26 departments, had diminished in 17, and had remained stationary in the rest. Fifteen of the 17 departments in which he found goiter diminishing, were formerly among the most goiterous of the whole of France. In 1880 Kocher noticed a considerable augmentation of goiter in certain parts of Germany and particularly in the neighborhood of Berlin (Berard). The endemic has decreased in some parts of Switzerland, in the Pyrenees, in the Rhinelands, in the Harz Mountains, in Franconia, and in Thuringia.

Goiter and cretinism have disappeared from the Island of Niederwörth

near Coblenz on the Rhine where the endemic was formerly so intense that few, if any, of the inhabitants escaped goiter or some of its sequelæ. According to statistics made by Cavatorti in 1907, goiter has completely disappeared in the Italian provinces of Ferrara, Bara, and some districts of Sicily. It has appreciably diminished in Northern Italy which was formerly the principal center of endemicity in the peninsula. In certain valleys of Spain (Granada) goiter was unknown until the early part of the last century when it first appeared and spread rapidly over a wide area. In South America at Mariquita, and on the plateau of Bogota, the number of goiters declined during the eighteenth, and increased again in the nineteenth century.

McCarrison cites an interesting example of the appearance of goiter in a locality previously exempt. In the hill state of Nagar goiter was unknown, according to the testimony of the ruling chief and principal dignitaries, until the year 1898-99 when 4 goiterous individuals came to reside in the village of Nagar. Three of these individuals were members of a priest's family and lived in a house close to the head of a spring supplying the village with drinking water. Six years later McCarrison examined the inhabitants of Nagar for goiter and found in the priest's family seven goiterous individuals, three being the imported cases, while four children had developed the disease in Nagar. Since the arrival of the original 4 imported cases of goiter, 18 cases developed in the village itself, of which 17 were in children under 16 years of age. All these 18 cases came from a part of the village supplied by the spring at the head of which lived the priest's family.

Two years subsequently McCarrison again examined the inhabitants of the village of Nagar and found 13 new cases of which 11 were in children. The malady did not spread in any definite line nor were all of the children in the same house always affected.

In certain districts of Brazil (Natividade, Rio Grande del Sul) goiter made its first appearance about 1830.

Attention is drawn to the etiological value of these observations by Ewald who says, "As these observations have been authenticated by reliable investigators and are, moreover, of so simple a nature that error is almost excluded, they acquire great importance for the etiology of goiter, as they show that the primary cause of the disease cannot be a permanent and unchanging condition inherent in the locality concerned, but must be sought, partially at least, in such conditions as are subject to fluctuation, sometimes augmenting, and sometimes declining."

The course of development of goiter itself is fluctuating in the incipient stage. A newcomer to a goiterous locality may acquire an enlargement of the thyroid gland in a length of time varying from eight days to three months. This is especially true of foreign travelers who come to

spend the summer months in regions where goiter is endemic. Often this swelling augments rapidly for a time and then recedes, remaining stationary, however, before the gland recovers its original normal condition. Now unless the patient is removed from the goiterigenous influences, the swelling will eventually fluctuate in size and increase, but not uniformly, sometimes growing with the seasonal recrudescence of the goiter causative factor, sometimes, augmenting during infectious diseases or through some other cause. Incipient goiter usually disappears spontaneously when the patient leaves the endemic territory, but if again subjected to these deleterious influences, hyperplasia of the thyroid gland will again ensue, and with every renewed recurrence the gland remains larger than before, until a chronic degenerative process results. Thus also with the goiter of pregnancy when frequently recurring, the repeated hyperplasia of the thyroid gland terminates in real goiter.

FLUCTUATIONS OF CRETINISM.

Endemic cretinism is subject to the same fluctuations as goiter. Ewald states that in the German Black Forest, in the Weserthal, in Feldberg, and in the neighborhood of Homberg, cretinism has died out, although there has been no change in the water supply of these places.

This is also true of Freiburg in Breisgau and other localities where cretinism has disappeared, and where the water supply remained the same. Roesch, writing in the first half of the 19th century, counts 4967 cretins in Württemberg, and mentions districts where formerly there was little, or no cretinism, but where at the time of his writing many cretins were to be found. Among the places mentioned by Roesch are Ergenzingen where in 1807 cretinism was unknown, while in 1847 there were 26 cretins. In Beinstein and Knittlingen cretinism had diminished, while in Offenau and Schuttringen it had augmented. In Vachingen, Stockheim, and Brachenheim, endemic cretinism had declined and in Güglingen it had alarmingly increased, etc. In Alt Oberndorf, where formerly there were no deaf-mutes or idiotic individuals, Roesch counted 36 cretins.

At the present time cretinism has diminished throughout Württemberg.

Kutschera reports concerning the fluctuation of cretinism in Styria as follows: in 1861 in a population of 978,785 there were 5856 cretins, *i. e.*, 1 cretin to 167 inhabitants; at the present time there are 2517 cretins, or 1 to every 539 inhabitants.

Graz and the district of Maria Zell, where formerly cretinism prevailed, are now free from the cretinoid degeneration. Formerly in the district of Oberwölz there was 1 cretin to 24 inhabitants, and the dis-

trict of St. Gallen was without cretinism. These conditions are now reversed. The district of Oberwölz is now cretin-free, but in the district of St. Gallen cretinism is widely distributed. In the district of Neu-markt, where endemic cretinism was formerly intense, it has diminished remarkably, whereas in the districts of Oberzeiring and Judenburg it has greatly increased.

In the Paltental endemic cretinism has disappeared from many places and remained stationary in others.

Not only does the disease fluctuate in endemic area, but the degree of endemicity also varies greatly between different adjacent villages and even in different parts of the same village. St. Lager tells of the village Antignano (Asti) which drew its water supply from three wells. The families using the first well suffer from both goiter and cretinism, those using the second are only goiterous, and those who drink water from the third well are entirely free from both diseases.

Kutschera mentions the village of Lassing in the district of Liezen, consisting of five peasant houses, all of which had the same water supply and where the conditions of life were identical, yet in one of these houses there were many cases of cretinism, while the inhabitants of the other houses remained exempt.

McNamara states that, "In villages situated along the banks of the Ravi which are subject to the same telluric, atmospheric, and hygienic conditions, the difference in the endemicity of goiter in villages quite close together was remarkable."

Bircher reports that cretins and deaf-mutes are numerous on the right bank of the River Aare, while the left bank is completely free from cretinism.

Conclusions Drawn from the Study of the Fluctuations of Goiter and Cretinism.—On the whole endemic goiter seems to be diminishing intensively if not extensively. The large, degenerated goiters, often accompanied by myxedematous complications, which were formerly frequently encountered in endemic centers are rarely seen now, and there can be no doubt that the cretinoid degeneration has sensibly decreased both in frequency and in area of distribution. It seems probable, after examining all the statistics before us, that the total number of goiter-bearers has not greatly altered, but that these goiters remain small, that their symptoms are less severe, and that their dread sequelæ of cretinism and deaf-mutism occur less frequently.

This decline in the severity of the manifestation of the disease is probably due to several factors such as the general increase in well-being, improved hygienic conditions, and to the fact that the population is no longer a fixed and unchanging product of the endemic locality as formerly.

Under modern conditions of life the peasant frequently emigrates or moves to the city, and his place is taken by a newcomer often from immune territory, so that opportunity for the accumulated toxic effect of the goiter poison upon successive generations is far less frequent than of old.

Nor must it be forgotten that the surgical treatment of goiter has done much toward preventing the monstrous deformity which was formerly so familiar a sight in regions of severe endemicity.

At present when a goiter commences to assume such proportions as to cause inconvenience, or disfigurement, the case is given medical treatment, and if this fails to arrest the development of the disease, recourse is had to surgical intervention, from which the best and most permanent cures known to us have been obtained.

GOITER IN ANIMALS.

As we have already seen, animals in endemic territory suffer from goiter as well as man. Vegetius (4th century) observed goiter in draft animals, and mentions struma as well as swellings of the parotid gland and scrofulous tumors in his "*Ars Veterinaria sive Mulomedicina*"—"Plerumque strumæ, vel parotides, aut scrophulæ jumentorum guttur infestant et faucium tumorem producunt." Classic writers report lions as goiterous in a certain portion of the Mediterranean Coast, in the Atlas Mountains, where the existence of the endemic was recognized by the ancients. The Berber traveler, Leo Africanus, wrote of the lions of Morocco in the latter part of the 15th century, that they were both goiterous and cowardly, a statement which explains the old proverb, "Thou art brave as a lion of Agla whose tail may be eaten by calves." In modern times observations and investigations concerning goiter among animals have become more and more frequent with the growing realization that the factors responsible for the degenerative process in man occasion similar results in the animal kingdom. I am now speaking of endemic influences upon animals under natural conditions. Later I shall refer to the valuable experimental work upon animals to which we owe much of the little knowledge we possess on this subject. Goiterous dogs and pigs were observed by Kaissler in the Valley of Aosta, and by Fodéré in the Maurienne, while Rougieux and Tallard observed them in the Department of Meurthe, Verdeil in the Canton of Vaud, Schneider in the Canton of Berne, Roesch in Württemberg, Guerdan in the Grand-Duchy of Baden, and Mollien in New Granada (Columbia). Campbell and Bramley report the finding of goiterous dogs on the slopes of the Himalayas, and McClelland saw goiterous dogs and cats on the banks of the Gunduk, a tributary of the Ganges.

Goiter has been found among cattle and sheep in the Auvergne, in the Jura, in Switzerland, in Baden, in Württemberg, in the Danube Valley, in Piedmont, in Siberia, and in Brazil. In the valley of the Gunduk where McClelland found goiterous dogs and cats, Campbell observed this disease among sheep and goats. Bramley saw goiter among camels in Purneah. An observation of Gustave Radde's which Bircher cites,¹ is especially interesting, as it shows that goiter exists in wild animals as well as among their domesticated brothers. In the district of Nertschinsk, in Siberia near the Chinese frontier, Radde encountered a goiterous antelope which he called "antelope gutturosa." South of the Baikal-Sea he did not find this goiterous species, and it is exceedingly probable that what he considered a natural species of antelope was merely a pathological product, since in the region inhabited by these animals endemic goiter prevails, while it is absent south of the Baikal-Sea.

Russian physicians have observed goiter among horses in the same regions of Siberia where Radde found the goiterous antelope, and also in the Government of Olonetz. It occurs among horses in Guatemala, in the United States, in Brazil, in the Argentine Republic, in Carinthia, in the Valley of Aosta, in the Department of Meurthe, and according to Mayor and Vicat, in the Canton of Geneva.

Baillarger reports the frequent finding of goiter among mules in the Maurienne and Modena; in the latter locality he found 19 goiterous mules in a stable of 20; while Peronnet and Lecoq saw in Savoy 28 goiterous mules among 60, and among 45 horses 15 had goiters. Pellat in Allevard near Grenoble reports that out of 55 mules examined by him 47 had goiters. According to Baillarger, in the stables of the gendarmerie at St. Jean du Maurienne 4 out of 7 horses became goiterous within less than two years. Raynard and Rougieux maintain that they have observed a decline of intelligence in horses and dogs suffering from goiter. We have already mentioned Marine's report of the wide dissemination of goiter among animals along the Great Lakes of North America. He affirms that 90 per cent. of the street dogs of Cleveland show some degree of hyperplasia of the thyroid gland, and in some cases actual colloid goiter. He considers this hyperplasia as an indubitable indication of goiterous influences. In well-cared for dogs there is a lesser degree of the thyroid hyperplasia. Marine further finds that 90 per cent. of the sheep on Lake Erie show some enlargement of the thyroid gland and that the cattle are affected in a lesser degree. He records that in Michigan twenty years ago the sheep industry suffered a set-

¹ The greater part of these preceding observations concerning animals is cited from H. Bircher.

back on account of the number of cretin lambs born, but today this condition is gradually disappearing owing to acclimatization, or perhaps to the development of a natural resistance to the disease, but especially to the use of iodine-containing salt. Marine reports the occurrence of goiter among fish in endemic localities and says that carnivorous fish only are affected under natural conditions. Artificially bred trout are peculiarly liable to this disease. Gaylord, of Buffalo, has made very interesting observations concerning goiter epidemics among fish. The fish tanks that he described were located one above the other, and fed from the same stream flowing from one tank into the next, from above downward. In the first tank the fish were 3 per cent. goiterous; in the second, 8 per cent.; in the third, 45 per cent.; and in the fourth, 85 per cent.

In the stream above the tanks the transplanted fish remained healthy, from which circumstance Plehn draws the conclusion that the noxious agent is not contained in the water, but in the bed of the tank whence it passes down the stream in accumulating quantities. Kutschera considers that these observations clearly prove that the goiter agent is not conveyed by the water itself, but that it is transmitted by contact in the water. If that is the case, it is difficult to understand why the fish in the stream below the tanks should escape the infection as is reported by Marine and Lenhardt, farther on in the present treatise.

The similarity of fish-goiter with that of warm-blooded animals is not only histologically established, but is also further confirmed by Gaylord's experiment in giving dogs and rats water to drink from these goiter tanks, when as a result they frequently developed an enlargement of the thyroid gland.

Another observation of Gaylord would seem to speak in favor of the parasitic origin of goiter. Upon the addition of an infinitesimal quantity of antiseptic such as sublimate or potassium iodide (solution of 1.5 millionths) to the tanks, a slow but unmistakable retrogression in the fish-goiter occurred. When the goiterous fish were transferred into different waters, the goiter disappeared, and even in the infected tanks, some trout recovered spontaneously and developed complete immunity from the injurious influence of the goiter agent.

The following observations of Drs. Marine and Lenhardt were made in a private hatchery in the mountains of Pennsylvania during the months of October and November, 1909. The fish tanks in question were arranged in a single series down the course of the brook, each house containing several tanks. A single spring supplied the six upper houses, while the lower five received the water that had passed through the upper six, together with that from a second small spring, and a six-inch pipe line from a large stream about a quarter of a mile to the left.

Between houses 6 and 7 the water followed the original brook for a quarter of a mile, then it was again collected by means of a dam and entered the lower division commencing with house 7, with the addition to its volume above mentioned, otherwise the water was carried in covered race-ways made of lumber. As a result of the examination of the fish contained in these different tanks and houses and in the race-ways above and below all houses, the authors conclude that: "Fish from the race-way above all houses, and which have never been confined to the tanks, maintain normal thyroids throughout their lives, but beginning with the uppermost tank the fish are markedly affected and there is a gradual increase in the degree of thyroid proliferation which reaches its maximum in house 6, the last of the upper series. Beginning with house 7 there is a marked improvement and lessening of the active thyroid proliferation coincident with the greatly increased water supply and the probable purification of the water in its passage from house 6 to 7 along the original bed of the brook." The examination of the fish from the tail-race, living wild but in the polluted water, showed their thyroids to be normal in type. Examination of the older fish that were removed from the tanks into the larger stream indicated that, although the thyroid tissue had invaded all the structures beneath the pharyngeal mucosa at some past period of their lives, nevertheless, their stay of from five to six months in a natural environment afforded a complete relief, so that the thyroids resumed their resting or colloid state. The authors conclude that "overfeeding or overcrowding, and a limited supply of water produce filthy unhygienic tanks and such tanks are in a very important but still unknown way associated with thyroid hyperplasia."

It is interesting to note that trout also conform to that striking characteristic of endemic goiter, viz., the capacity for spontaneous recovery on removal from the infected area. The markedly place-character of the disease even in the case of these fish is thus illustrated (McCarrison).

Nevertheless, as a whole, goiter and cretinism are less frequent in animals than in human beings, and it should not be forgotten in forming conclusions based upon animal experiments, that they possess a greater degree of resistance to the goiter agent than exists in man. Animals may remain immune from goiter in the regions where the endemic prevails among human beings. The domestic water-drinking animals are much more subject to goiter than those which obtain their provision of water from green food. Thus, it is extremely difficult to produce goiter experimentally, for example, in rabbits, guinea-pigs and monkeys.

McCarrison reports from the districts of Chitral and Gilgit in the Western Himalayas, where the endemic is most intense, that among 567 animals examined by him he did not encounter one case of the dis-

ease. In one village where 45 per cent. of the male population were goiterous he examined all the dogs without finding a single animal that showed enlargement of the thyroid gland. This is in direct opposition to the observations of Adam whose notes upon goiter endemics among animals in the territory of Augsburg and along the River Lech show that these endemics are coincident with the malady among human beings, the endemic area for human beings and animals alike being confined to the left bank of the river.

Adam reports a goiter endemic observed by him among horses in Augsburg. In certain stables in the east and northeast portion of Augsburg, newly imported horses from immune territory acquired a swelling of the thyroid gland which receded upon the application of iodine. All of these stables lay upon the left bank of the river Lech, while horses stabled in the west side of the city did not suffer from goiter. Adam further states that not all the horses in the affected stables acquired goiter, about one-half of each new lot remaining exempt so that a certain predisposition must exist among them as among human beings. Adam cites the observation of the veterinary surgeon, Mussgnug, that in the whole territory of Augsburg goiter prevails among animals on the left side of the river Lech and not on the right side.

Adam further observes that among very young dogs marked swelling of the thyroid gland is frequently observed, but that this goiter usually disappears as the dog acquires its growth.

Schittenhelm and Weichardt remark that this coincides with the predominance of thyroid enlargements among children in endemic territory which, according to Kocher, attains 90 per cent., reaching its maximum at about the tenth year, and then retrogressing. Berard cites an observation reported to him by Dr. Furet, of Brides, who brought a bitch from Geneva to Brides where the animal acquired goiter. The following year she gave birth to several puppies, one of which was born with a thyroid tumor. This goitrous puppy was seriously retarded in his development; he was very slow in learning to eat alone, did not understand when called, and finally allowed himself to be run over and killed by a wagon of which the horse was advancing at a walk.

It is interesting to observe that in endemic goiter among animals the influence of individual predisposition, sex, and hygienic living seems to be the same as in man. In groups of animals under precisely the same conditions and exposed to the same toxic influences some will develop goiter and others will remain immune, as is clearly demonstrated in all of the endemics occurring among horses and mules in certain stables.

Goiter occurs more frequently in the female sex among animals, just as is the case in human beings, and this disparity decreases in propor-

tion as the endemic increases in intensity. And furthermore, from Marine's observation that goiter is less frequent among well-cared-for dogs than among neglected ones, it would seem that general well-being augments the individual power of resistance in animals as in man to the endemic process.

THEORIES REGARDING THE ETIOLOGY OF GOITER.

The various theories as to the etiology of goiter may be divided into two groups:

1. That of the *exogenous factors*.
2. That of the *endogenous factors*.

Among the *exogenous* factors is included the greater part of those numerous and diverse theories which have sprung up around this question, induced by the luxuriant fertility of the imagination rather than attained through the slow and cautious development of a scientific process.

St. Lager cites 378 authors and 42 different opinions, some of which, such as the influence of weather, light, temperature, racial conditions, mechanical injuries, configuration of the soil, etc., are evidently untenable because of the wide distribution of goiter.

A causal influence has been attributed by Saussure to want of sunshine and to lack of renewal of the air in the deep-laid mountain valleys; by Gosse, and more recently by Chopinet, to the humidity of the soil; by Lizzoli to air containing too much oxygen; by Fodéré and Niepce to climatic conditions. Heidenreich attributes to the moon an influence upon the thyroid gland. Various conditions of the atmosphere have been incriminated, such as air charged with sulphurous vapors, or electricity, or air wanting in iodine, or air that is too cold or too dry, and so forth.

Social and economic conditions have been considered the cause of goiter by many French and Italian writers. But the evidence before us seems to establish definitely that all social classes and conditions suffer from goiter. Neither the rich nor the poor enjoy a special immunity, although there would seem to be some relation between occupation and the development of goiter since the mining and agricultural classes in endemic territory are more subject to the disease than others. This fact suggests that the close contact of these laborers with the soil might be an etiological factor.

Hanshalter and Jeandelize observed a considerable diminution in the intensity of the endemic in that ancient goiter center Rosieres Department of Meurthe et Moselle, after the introduction of water-works and improved sanitary conditions, and therefore concluded that

besides the microorganisms, hygienic conditions play a predominating role in the etiology of the disease (loc. cit., Bircher).

Some authors have attributed an etiological influence to the habit of bearing burdens upon the head, but, as this custom is confined to narrow territorial limitations, while goiter is as widespread as the inhabited earth, this theory is evidently false. The very wealth of publications and hypotheses on the subject renders the necessary selection and elimination an exceedingly difficult and perplexing process. The greatest criticism that can be made of most of the theories advanced is that they have been elaborated to fit certain circumscribed areas only. They are thus rendered valueless, as they do not grasp the problem as a whole, but discuss some phases of it only. Consequently it becomes necessary to read, weigh, and compare all of these diverse views, seeking the connecting link where scientifically established facts are recorded, and setting aside such evidence as is purely circumstantial. In all the literature concerning goiter which has come down to us throughout the ages there is but one conclusion which is constantly and predominatingly present, *i. e.*, the *relation existing between water and endemic goiter*.

The Relation between Water and Endemic Goiter.—This relation has been popularly accepted from the earliest times, and among the ancients certain springs, wells, and rivers were reputed as goiterigenous and their water avoided for drinking purposes. As, for example, in Chios where an inscription was placed above a well warning the thirsty passerby that this water rendered those who drank of it dull. Another such well existed in Beotia, near the River Orchomenes, and was believed to cause loss of memory; likewise the Red-well in Ethiopia and the Gallus River in Phrygia were supposed to affect the mind. Ovid said, “. . . sunt qui non corpora tantum verum etiam animos valiant mutare liquores.” Hippocrates, Aristotle, Galien, Celsus, and Pliny discuss at length the mysterious virtue and power of these strumigenous springs and mention those of the Apennines, of Phrygia, of Chios, and Crete. Vitruvius wrote of the people inhabiting the Maurienne valley where the endemic prevails with intensity to this day: “Acquiculus in Italia et Alpibus, nationi Medullorum est genus aquæ, quam qui bibunt efficiuntur turgidis gutturibus.” Agricola, 1546, notes a well in Coire, “Cujus aquæ potæ adeo lædunt cerebrum ut stolidos faciant,” and as early as 1574 Josias Simler in the Canton of Valais, and Felix Platner in 1614 in Bale, endeavored to establish clearly the relationship already perceived by the ancients between certain waters and some kinds of tumor of the throat, often associated with a form of degeneration where idiocy and arrested physical development were combined. In 1680 J. Wagner, in Article 18 of his *Natural History*, enumerates the goiter-wells in the Cantons of Berne, Grisons, etc., among which he mentions

Fons Regis of Berne. In more modern times the goiterigenous properties of certain wells were so generally accepted that young men liable to military service drank of these waters in order to acquire goiter and thus to escape military duty. These facts are reported concerning wells in Argentine, Pantamafrey, Villard-Clement, St. Chaffrey, and Cavacurta in Lombardy, of which last Lombroso writes, "La fonte del gozzo ove sogliono andare i giovani all epoca della coscrizione onde acquistare in quindici giorni quel difetto che li sostrae dal servizio." (The goiter-fountain which is visited by youths at the time of conscription in order to acquire this infirmity in two weeks, and thus avoid military service.) In reference to this well, it must be said, however, that Kutschera quotes Grassi and Munaron as having examined the well and as having established the fact that no one in Cavacurta knew of its possessing the injurious properties attributed to it, and further, that goiter has never been endemic in this locality. In connection with these findings of Grassi and Munaron we might recall that St. Lager affirms that the authenticity of these statements was investigated by him personally and confirmed by the testimony of reliable persons such as priests, doctors, and magistrates.

We can, I think, accept as an established fact that the goiter causative factor, whatever its nature may be, is most frequently conveyed to the human organism through drinking water. The general consensus of opinion among investigators concurs in this point, although differing in all other things. The most convincing proof in support of the infection of drinking water is furnished by the many reliably observed and recorded cases of individuals, newcomers from goiter-free territory to the endemic area, who rapidly acquired hyperplasia of the thyroid gland after drinking the water from these goiterigenous wells, and whose swelling as rapidly subsided after they ceased the use of the water. Many of these epidemics already mentioned seem to be collective experiments in this sense: and merely deserve the name epidemic because occurring in groups instead of in individual cases, from which they differ in no other respect.

Many instances are recorded where boiling the drinking water sufficed to prevent the occurrence of goiter in endemic territory as in the case, reported by Breitner, of a railroad line-keeper's family where father, mother, and seven children, all acquired enlargements of the thyroid gland upon drinking water from a goiter well. Breitner advised boiling the water before using it and within four weeks the swellings had visibly diminished. Later, this family again drank the unboiled well water and the swellings at once recurred. Numerous cases are recorded where the use of rain water was sufficient protection against the endemic disease. Dr. Mottard cites the case of a citizen of Bourieux,

Maurienne, who constructed a cistern for rain water and thus preserved his family and neighbors immune in the midst of the endemic, by the exclusive use of this water.

Billiet and Boussingault report similar cases. Mgr. Billiet knew of but one family in Planaise exempt from goiter, and in this household rain-water was used exclusively for drinking purposes. Baillarger reports a case observed by Dr. Housseaut in Grozon where the railroad employees acquired goiter within a short time after their arrival in endemic territory. In answer to their complaints the railroad company built a cistern and from this time on the employees remained free from goiter.

Further observations as to the immunity of rain water from the goiter agent have been made by Kocher, E. Bircher, and others. Of special significance is the case observed by Dr. Gauthier in Fort de l'Ecluse and reported by H. Bircher. The garrison of the upper fort drew their drinking water from a cistern and were free from goiter, whereas the lower fort used spring water and goiter became prevalent among the troops.

John W. McClelland reports an endemic in Deoba, India ("Some Inquiries in the Province of Kemaon Relative to Geology Including an Inquiry into the Causes of Goiter," 1835, printed in *Dublin Jour. of Med. Science*, 11, 295, 1837), which is of special importance for the drinking-water theory of the etiology of goiter. The Brahmins or highest caste of the population were entirely free from the prevailing endemic, their water supply being brought in pipes from a distant spring, and to this supply the other classes had but partial or no access.

The middle caste (Rajputs) drank partly good and partly goiterigenous water, and were two-thirds goiterous, while the lowest class (Domes), who were dependent for their entire water provision upon the local goiterigenous springs were goiterous throughout. Kutschera, however, considers this case as a proof of the infection by contact theory, and explains the upper caste's exemption from the endemic not because of the use of different water, but rather in the complete separation and isolation of the Brahmins from the infected lower castes.

The peculiar and interesting conditions of the endemic in the village of Antignano have already been mentioned, where of the three wells used by the inhabitants, one caused goiter, the second goiter and cretinism, while the third was free from both deleterious influences. Avillard suffers only in winter from goiter while using well water, and the disease ceases during the summer when the inhabitants drink snow water.

When in Longematte (Savoy) the spring-water supply was cut off, and it became necessary to sink wells, goiter immediately ensued.

Humboldt reports from Colombia that until 1870 there was no goiter in Maraquita and the plateau of Bogota, while the disease was endemic

in the rest of the Magdalena Valley; up to that time the population of this goiter-free region drank only river water and it was not until well water came into use that goiter occurred. It has been observed that goiter may be produced or eliminated by a mere change in the location of wells, as in the case of Saillans and Saxon in Valais, and Nozeroy (Jura). On the other hand, in Nottingham goiter appeared when it became necessary to sink the already existing wells deeper.

Numerous authors have cited examples of rivers and streams, which, although goiterigenous at their source, lose this property during their course, and *vice versa*, streams which were innocuous originally may become infected during their course, probably through the addition of water from goiterigenous springs and streams. Those authors who believe in the telluric causation of goiter, attribute this acquired contamination of a stream to its passage through certain geological formations such as marine deposits of the Palaeozoic age, or Triassic and Tertiary strata, etc.

Almost classical has become the history of the decline of goiter and cretinism in Rupperswil where, upon the advice of H. Bircher, a change in the water supply was made in 1886, when water from a spring in the goiter-free Jura was conveyed to Rupperswil with results as given in the following figures by H. and E. Bircher:

1885	59.0 per cent. goiterous
1886	44.0 " "
1889	25.0 " "
1895	10.0 " "
1907	2.5 " "

E. Bircher considers his observations in the village of Asp even more important than those of the village of Rupperswil. In 1863 the statistics of this village showed 34 per cent. goiter, 8 per cent. cretins, 15 per cent. deaf-mutes. The drinking water was of shelly limestone derivation. In 1907 the upper village introduced a new water supply, the lower village, however, continued to employ the old system. In 1910 the conditions resulting from this change were the following: Upper village, 6.4 per cent. goiter, 8 per cent. adults and 5 per cent. school-children; lower village, 38 per cent. goiter, 20 per cent. adults, and 66 per cent. school-children. In the lower village this endemic could be traced to the individual houses which were not connected with the new water supply. As a counterpart to these two examples, E. Bircher cites the community of Densbüren, which in 1908 brought a new spring-water supply from the shelly limestone formation to replace that from the Jura used before. Within three years after this change was made Bircher found a high percentage of goiter among the school-children.

The exactitude of the results quoted above obtained by change of drinking water in the last three cases has been recently contradicted by Drs. Dieterle, Hirschfeld and Klinger in an article which appeared in the *Münchener Med. Wochenschrift* for August 10th, 1913, and to which I shall refer later in connection with Bircher's theory concerning the influence of geological formation upon endemic goiter.

That the activity of the goiter causative factor is of an evanescent and fleeting character has been proved by numerous observations. It is destroyed by ebullition, and though not destroyed by filtration, it is appreciably diminished. Water which is gathered into reservoirs loses its goiterigenous properties after a certain period of time, as does water transported and allowed to stand in bottles or casks. Boussignault cites the case of a family living in endemic territory whose members preserved themselves from goiter by the simple precaution of letting the drinking water stand two days before using it. Often canalization or piping of streams suffices to destroy their harmful power. The village of St. Chaffrey furnishes us with a curious illustration of this condition; the water from a brook after being carried a few hundred meters in closed pipes to the village is entirely inoffensive, whereas, at its source, this same brook water is intensely goiterigenous. It is said that at the time of conscription the youths of St. Chaffrey have not omitted taking advantage of this convenient situation in proximity to a goiter fountain, and have frequently traversed this short distance in search of a goiter exemption (Berard).

At St. Jean du Maurienne the endemic disappeared within a few years after the introduction of a new water supply which was carried in subterranean pipes from a spring at Jarrier near St. Pancrace, although this new water supply was obtained from the midst of endemic territory (Repin).

St. Lager observed that in the village of Chateldon in Auvergne the canalization and collecting into a reservoir of torrent water was sufficient to render the water innocuous.

The value of decantation in arresting the activity of the goiter principle is demonstrated by an example cited by Thea in 1903 in *Il Policlinico*. In the town of Cuneo 40 per cent. of the soldiers in the garrison became goiterous in the space of 5 years; treatment remained ineffective in Cuneo, but there was an immediate amelioration upon change of residence. The general population remained entirely unaffected, although using the same drinking water which was collected in vast reservoirs and drawn off for distribution from the upper part of the last basin. Upon adoption of the same disposition for the barracks the goiter epidemic ceased.

Goiter diminishes, disappears, or occurs in conformity with certain

changes in the drinking water whether naturally or artificially produced. The case of Bozel in Tarentaise is a typical example of the effect upon goiter of such a change in the water supply. In 1848 the Sardinian Commission counted 900 goiterous individuals and 109 cretins in a population of 1472 souls, while the inhabitants of St. Bon at 800 meters distance on the opposite slope of the valley were entirely free from such infirmities. Between the peasants living in these two villages there existed no essential differences in houses, food, or habits. The degree of material prosperity was the same. The Community of Bozel, realizing that the only appreciable dissimilarity was in the drinking water, brought water to Bozel from a spring in St. Bon, and since that time goiter and cretinism have almost entirely disappeared. Berard reports in 1907 that in the neighborhood of Bozel and Brides he observed only a few small goiters.

The waters of the Alpine torrents have frequently been incriminated as causing goiter during the summer months when they are gray and filled with deposits from the glaciers and melting snows. The fact is that during this season the overland streams become unfit for alimentary purposes, because of the quantity of organic and inorganic matter washed into them by the heavy spring rains and the melting snow; consequently, in many places where water from non-goiterigenous streams is ordinarily used for drinking purposes the peasant is obliged to have recourse to wells, although frequently aware of the danger he incurs: thence arises the misconception as to the goiterigenous properties of these mountain torrents at certain periods of the year.

The *endogenous factors* include personal predisposition, heredity, sex, and age. In goiter epidemics it has been constantly observed that when a group of people is exposed to similar goiterigenous influences the degree of resistance to the disease varies with the individual, some acquiring goiter within a few weeks, others only after many months, while a certain proportion is altogether refractory to the disease.

All of the inhabitants of endemic territory being equally exposed to the endemic noxa, it remains a matter of conjecture why some of the inhabitants of these countries remain refractory to the disease. Repin is of the opinion that under exactly similar goiterigenous influences individual temperaments will respond positively or negatively according to their preëxisting tendencies toward rapidity or retardation in the metabolistic exchanges.

The fact that the ingestion of goiterigenous waters does not occasion goiter in an individual case does not authorize the conclusion that this individual possesses a kind of immunity to the disease, but only indicates that the goiter toxin is counteracted by the individual temperament in question, the action of the toxin being manifested in a modification of

the temperament itself which becomes physiologically and psychically less active. In short, the thyroid gland does not register the results of the exogenous factors only, but of the exogenous and endogenous factors combined.

Heredity is so much involved in predisposition and individual temperament that it is difficult to assign to either a separate and distinct place among the etiological factors of endemic goiter. There seems to be no doubt that the endemic noxa acting upon successive generations of families living in the goiter zone acquires an accumulative effect. For instance, many cases are known of families who have emigrated from immune into endemic territory where the first generation acquired goiter, the second showed symptoms of the cretinoid degeneration, and the third generation developed cretinism. It is a well-established fact that the children of goiterous parents are more liable to have goiter than the children of normal parents, and congenital goiter, which is not rare in endemic territory, may be said never to occur without goiter in the mother. Numerous cases have been observed and reported of mothers who have emigrated from endemic territory, and whose children, born and brought up far away from the influence of the endemic noxa, have nevertheless developed goiter. In the case of one family that has come under my observation, the grandmother, a goiter-bearer, had emigrated from endemic territory in her early youth; she settled and married in immune territory where her three daughters and four grandchildren were all born and all developed goiters. In the family of one daughter with two goiterous children, the husband's children by a previous marriage, although living in the same household, were absolutely normal, so there could hardly be a question of infection by contact.

The same has been noted, although less frequently, where the father is a goiter-bearer. In one or the other of these categories may be placed most of the cases of sporadic goiter which are not due to endemic influences, but it must not be forgotten that the endemic may be so light that only such individuals as are highly predisposed will suffer from its effects and this predisposition is itself a family tendency.

Due allowance being made for all other determining conditions, there is undoubtedly less resistance to the goiter toxin in certain families than others, just as the tubercular bacilli are able to establish themselves with greater facility in predisposed families than others.

Billiet, writing in 1835, remarks that after emigration from endemic territory the hereditary tendency slowly disappears, a complete cure being affected only in the third generation.

It is difficult to determine to what degree the hereditary tendency is an acquired characteristic. Schittenhelm and Weichardt have collected family histories showing the development of an acquired heredi-

tary tendency in families having emigrated from immune to endemic territory. It is clearly established that the dreadful sequelæ of endemic goiter—deaf-mutism and cretinism—are due to the progressive and cumulative effect of the endemic noxa upon successive generations. Cretinism occurs only where endemic goiter prevails. Where the endemic is light only goiter is found, and in proportion to the severity of the endemic the number of cretins and deaf-mutes increases. Statistics show that 80 per cent. of cretins are born of goiterous parents.

Goiter in the mother is of greater influence upon the children than in the father. It is, however, evident that goiter in the parents cannot be considered the cause of cretinism, as it is only in endemic territory that cretinous children are born. A goiterous mother will not bear a cretinous child unless subjected to the endemic noxa. Even cretinous mothers may bear *intelligent* children when removed from endemic territory. This fact was understood by the women of Sion, Sierre, etc., in the Canton of Valais in Switzerland, who having given birth to cretinous children at home, found that by passing the period of pregnancy and birth outside of endemic territory, they were able to bear healthy children. Especially interesting and curious are the cases which have been observed from time to time of normal children born in cretinous families where among five or six children bearing the stigmata of cretinoid degeneration, one is born and remains healthy physically and mentally, although subjected to the same cretinogenous influences and the same daily contact as the other members of the family. This observation has led Cerletti and Perusini to conclude that the cretinogenous injury must be acquired during the intra-uterine life and is not transmitted at the time of conception.

Hydrotelluric Theory.—If we accept as an established fact that the goiter germ, whatever its nature, is most frequently conveyed to the human body through drinking water, the problem which at once presents itself to the investigator is to determine by what means the water acquires the harmful properties in question. This problem remains unsolved to this day despite the most intensive scientific researches. Chemical analysis has not discovered anything of importance nor does spectroscopic examination reveal unusual elements in goiterigenous waters. Many theories that have seemed true in one part of the world have not been substantiated when applied to a wider field of investigation. Grange attributed goiter to the presence of magnesium in the water. St. Lager, to the presence of iron and copper pyrites. It is undoubtedly true that goiterigenous waters are frequently heavily charged with lime, an observation which was made by McClelland and others and lead to the belief that hard water, or waters containing lime, in large quantities are goiterigenous, and that waters in which

this ingredient is entirely absent do not contain the goiter causative agent. On the other hand, Christener asserts that the Weissenburg hot lime waters are beneficial in the treatment of goiter, and Zschokke reports that the use of Biberstein water, of which lime is a predominating constituent, causes goiter to disappear.

Since no sufficient cause for the endemic could be found in the metallic and chemical constituents of the water, it was thought that its harmful effects might be due to the absence of some necessary element such as carbon dioxide, salt, absorbed air, or more especially iodine. Unfortunately for the latter theory, analysis has proved that goiterigenous and even non-goiterigenous waters frequently contain the same quantity of iodine, and instances are known where water particularly rich in iodine causes goiter, as in the case cited by Chatin at Beaulieu in the Department of Oise. On the other hand, it must not be forgotten that excellent results in the treatment of goiter have been obtained by the exclusive use of distilled drinking water.

Many investigators are convinced of the parasitic origin of goiter. According to our actual knowledge of the disease and its cause, it seems probable that in this direction must lie the ultimate solution of the problem, but until now, in spite of the highly perfected means of investigation possessed by modern science, it has been impossible to isolate the microbe. Constant experiments by many investigators with the bacteria contained in goiters have led to no positive results. Ewald says, "If water be of influence in the origin of goiter—and this does not admit of doubt—the cause can only lie in a *contagium vivum*, or organic poison." Schittenhelm and Weichardt find that the general mass of evidence indicates a parasitic infection of the water. This is also the opinion of McCarrison and many others.

From the earliest days of scientific research as to the etiology of endemic goiter to our own times, many investigators have sought to establish a correlation between certain geological formations and endemic goiter. The fact that the quality of the drinking water must be influenced by the character of the soil from which it springs has led to the association of these two elements.

Virchow, in summing up the results of his researches concerning cretinism in Lower Franconia writes, "I hold the nature of the water to be the essential factor, but believe this to be determined by the geological formation of the soil from which it springs." Kocher considers drinking water as "the only paramount factor through which the soil could exercise such a determining influence upon the health of the inhabitants as in the causation of endemic goiter." Cardinal Billiet, whose investigations were made in Savoy, was among the first to follow this line of research, and as early as 1835 maintained that goiter

was endemic on the argillaceous, calcareous and micaceous schists, and absent on the Jurassic and cretaceous formations. McClelland at about the same period made investigations in Kumaun in the Himalayas where his observations led him to conclude that the argillaceous schists, siliceous sandstones, amphibolites, granite, and the micaceous slates were free from goiter which prevailed with intensity on limestone formations. McClelland further writes, "The exciting cause has been traced to certain strata of the earth under circumstances calculated pointedly to suggest that water is the medium by which it is conveyed to the bodies of men."

Grange, who studied the question in the Alps, considers excess of magnesia in the water to be the cause of goiter. He finds that while goiter exists on the marine Molasse, it is most prevalent on the Triassic formations, *i. e.*, the shelly limestones, marl, and especially the magnesian limestones of the Dolomitic formations. He found the coal measures and granite formations free. These conclusions of Grange have been corroborated in Germany by Virchow, who finds the shelly limestone (*muschelkalk*) of Lower Franconia intensely infected, and a decided retrogression of the disease upon the Keuper and sandstone, and by Meyer, Diedel, and Heidenreich, in Middle Franconia. In France Garrigou finds the disease associated with the marl and Dolomitic clays of the Pyrenees and New Granada. Boussignault reports the endemic prevalent on the limestone rocks. In 1843 Escherich found goiter prevalent in Lower Swabia on the Keuper and shelly limestone (*muschelkalk*) and absent on the Jurassic formations of Upper Swabia, and the chalk formations in England and France.

De Beaumont has demonstrated in Savoy that Jura, granite and chalk are free from goiter, while on the Eocene and Triassic formations the endemic is intense. St. Lager, to whom we are indebted for important investigations as to the causes of goiter and cretinism, has made a most careful study of the geological conditions existing in goiterigenous regions and has concluded that while ordinarily granite, gneiss, mica schists, and the quartziferous porphyries are free from the endemic, this is not true when they are covered with a superficial stratum of metalliferous rocks. Although rare on volcanic soil, goiter is found near the Solfatara where the sulphurous emanations attack the ferruginous clays. The endemic is to be found on the magnesium limestones of the Lias, on the red clays, on the dolomite and gypsum of the Trias, and on the Molasse. On alluvium or diluvium the disease does not exist unless this soil has been transported from goiterigenous regions.

According to St. Lager, the endemic coincides with the existence of metalliferous and siliceous rocks, the influence of iron pyrites being particularly injurious. Baillarger finds goiter widely disseminated on

Dolomitic rocks in France. Hirsch, in his general summing up of the situation in 1860, concludes that although no geological formation precludes the possibility of occurrence of goiter or cretinism, both diseases are far more prevalent on the older formations, including the Trias group, than on newer strata. Thus the general consensus of opinion among investigators seems to indicate a probable relation between the character of the soil and endemic goiter, the injurious influence upon the human organism being attributed to the mineralogical or geological structure of the soil.

The *hydrotelluric theory* of the etiology of goiter received its most important contribution in 1883 from H. Bircher in his valuable and interesting monograph on *Endemic Goiter*. Bircher observed that the endemic prevailed with intensity among the villages situated on the right bank of the River Aare where the soil formation was marine Molasse, while among the inhabitants of the villages situated upon the Jura formation of the left bank goiter was absent with the single exception of one village which stood upon a strip of muschelkalk (shelly limestone) extending into the midst of the Jurassic formation. Bircher based these observations upon personal examination of the school-children in this, his home district. He next proceeded to consult the military statistics, with the result that his previous findings were verified, not only for the Canton of Aarau, but also for the whole of Switzerland. Upon further extended and painstaking researches he became convinced that in Switzerland, which is of all European countries the most severely afflicted with goiter, the disease only occurs upon the sediments of Triassic, Eocene, and Miocene seas, and that the Jura and chalk as well as the fresh-water deposits are free from goiter. Furthermore, after studying the geological conditions in relation to endemic goiter in other countries, Bircher concludes as follows:

1. Goiter only occurs upon marine deposits and especially upon marine sediments of the Paleozoic, Triassic, and Tertiary periods.
2. That the eruptive rocks, the crystalline rocks of the Archaean groups, the sediments of the Jurassic, Cretaceous, and Quaternary seas and all fresh-water deposits are free from goiter.

When the disease is found on geological formations of the second class, this is due either to the fact that this formation consists of a comparatively thin layer covering a substratum of rocks of the first class, so that the sources of springs and wells are not derived from the superficial upper stratum, but extend into the underlying rockbed, or, to the fact that these goiter foci may be located on isolated islands of rock of the first class which, when covering any considerable area of the earth's surface, form the garden soil of endemic goiter. On the other hand, the injurious influence of such formations may be lessened or may entirely

disappear by superimposed fresh-water deposits, the endemic occurring only where the underlying marine strata breaks through the fresh-water sediment. Bircher explains the greater frequency and intensity of the endemic in mountainous regions by the fact that in bursting through the earth's crust, the older strata of the Paleozoic and Mesozoic periods have been pushed to the surface as is especially the case in the Alps. In other parts these strata have been so elevated that the later seas never covered them as with the Trias on both sides of the Rhine. This is also the explanation of the prevailing endemic in central Switzerland and Styria where the Miocene marine deposits form the upper stratum of the earth's crust because of the continental elevation which prevented the superimposition of later sediments.

Low-lying river valleys are also frequently goiter centers because the stream cuts through the earth's crust and uncovers the underlying formations bringing them to the surface where they necessarily produce their pernicious effect upon the drinking water.

In support of these conclusions of H. Bircher his son, E. Bircher, has contributed a very valuable and convincing mass of evidence obtained from investigations and experiments which have been executed with the utmost care and attention to detail. One of these experiments is particularly interesting as having a special bearing upon the matter under consideration.

In an early publication Bircher recorded an unsuccessful attempt to artificially create goiterigenous water by placing sterile water in direct contact with rock of one of the formations upon which Bircher affirms that goiter occurs. The failure of the first experiment he attributed to defective preparations, probably due to the fact that the rock used was taken from the mouth of the Rupperswil spring, while the infection of the water was doubtlessly drawn from the substratum with the source of the spring itself.

For his later experiment he used stone from the middle marine Molasse. After placing a cubic meter of this rock in a wooden receptacle, he filled the receptacle to the brim with distilled water and allowed the water at first to remain in contact with the stone from 10 to 14 days, but later only 3 days. This water was given to rats to drink. After a period of about nine months, the rats subjected to this experiment developed hyperplasia of the thyroid gland.

Bircher considers that the results obtained from this experiment clearly establish the connection of the goiter toxin with the soil, and its limitation to certain geological formations. As to the actual primary cause of this infection, Bircher acknowledges that it is still unknown.

It is at present impossible to determine whether the toxin, whatever its nature, is due to purely chemical processes within the rock itself, or

whether the active generating principle of the toxin must be sought in a living organism which finds its culture media on the geological formations incriminated. Personally, Bircher is convinced that the goiter toxin is of colloidal nature and that it is washed or soaked out of the rocks by water. He also made a number of interesting experiments upon rats in order to prove that the goiter-causing substance must be in a colloidal state. In these experiments, he finds that these toxic substances are not removed from water by filtration through a Berkefeld filter, but that dialysis removes the goiter-producing substance from water, and that the substances separated from the water and remaining on the membrane of the dialyzer are likewise capable of producing goiter.

Animals experimented upon, acquired goiter when drinking water from goiter springs both in the natural state and after having passed through the Berkefeld filter. No thyroid enlargement occurred when rats were given water that had passed through the dialyzer, but when the substances separated from the water by the membrane were fed to them, they rapidly acquired goiter, the degenerative changes in the cells of the thyroid gland being peculiarly severe. As the goiter toxin cannot go through the membrane of the dialyzer, it must, according to Bircher, be of colloidal nature. Moreover, through centrifugation water from goiter-producing springs may be rendered innocuous, and as it is an established fact that colloid substances may be coagulated when centrifugated, this is particularly significant. Many investigators have found that even severe shaking of the vessel containing goiter-producing water is sufficient to render it innocuous. Bircher finds that the general indications of these observations are decidedly against the probability that goiter is caused in a direct manner by a microorganism, as nothing in bacteriology has heretofore shown that water containing bacteria could be rendered harmless by standing, shaking, or by centrifugation.

In more recent experiments Bircher found that goiter-producing water may become free from toxin by filtration through a layer of powdered charcoal 30 centimeters thick. The success of this experiment, Bircher thinks, can only be explained by the colloidal nature of the toxin which admits of a process of absorption and is held fast in the powdered coal as the water passes through. The addition of various chemical substances to the water proved destructive to the goiter toxin. Zinc hydroxide $\text{Zn}(\text{OH})_2$ is known to possess the property of separating colloidal substances in solution and the addition of 1 to 10 g. $\text{Zn}(\text{OH})_2$ to 1 liter of goiter water proved sufficient to render the water innocuous. The quantity of $\text{Zn}(\text{OH})_2$ used was so small that it could scarcely have been bactericidal in its effect. H_2O_2 even when used in exceedingly small quantities produced the same results. Finally, boiling renders goiterigenous waters harmless.

Bircher was able to demonstrate by the use of the stalagmometer that the superficial tension differs in goiterigenous and non-goiterigenous waters. The stalagmometer shows a considerable increase in the number of drops obtained from the goiterigenous water over the non-goiterigenous. Of the 57 waters examined, the 21 which were goiter-free showed about 56.45 drops, never exceeding 57.8, whereas the remaining 36 goiter waters showed an average of 60 drops, sometimes more, but never less than 59 drops. The capillary attraction would therefore seem to be lower in goiterigenous waters, and consequently its superficial tension would be lower.

Bircher next proceeded to make an ultramicroscopic examination of goiter water. At the time of his report he had examined eight springs in Aarau and vicinity. These goiter waters constantly showed a surprisingly large number of ultramicroscopic particles, or molecular constituents. These particles all presented the same appearance. They were round or slightly oval in shape, and showed the same continuous movements in all directions that are usually to be seen in substances in a colloidal state, when under ultramicroscopic examination, as for instance, colloidal *Argentum nitric*, or colloidal $\text{Zn}(\text{OH})_2$. Whether these particles are of chemical or bacterial origin remains hypothetical.¹

In summing up the conclusions of both H. and E. Bircher, Ewald remarks that, while the indications are that goiter occurs only in districts of certain geological formations, it is not always present where these formations exist. In fact there must exist a specific infection or pollution of these rocks for them to produce goiterigenous waters, and to such infection only the formations in question are liable, exactly as, for example, certain mushrooms can only grow upon soil of a certain character.

Johannesen corroborated these findings in Norway. His researches being carried out in a district where the geological conditions are simple and well known. He finds no goiter on the primitive rocks where they are free from an admixture of Mesozoic or Tertiary sediment. Of the goiter-bearers 96.6 per cent. are to be found on the Silurian or Devonian formations. He cites one instance of a farm where goiter occurred, and which, according to the geological map, was situated upon primitive rock. Investigation, however, proved the map to be in error, and that the farm was lying upon the extreme limit of the Silurian argillate.

Höfler, in his researches concerning cretinism in the district of Tölz in Bavaria, reports the endemic intense in sections of the Miocene and Eocene formations, especially severe upon the Eocene flysch and upper

¹ Das Kropf Problem von Dr. Eugen Bircher. Festschrift—Herr Dr. Heinrich Bircher.

shell limestone, and almost completely subsiding where the fresh-water Molasse and red sandstone predominate.

James Berry found that in England the endemic coincided with calcareous formations, prevailing not only on limestone, but also on calcareous sandstones (McCarrison).

Kocher does not altogether agree with the findings of Bircher. His own researches in the Canton of Berne lead him to believe that goiter is not limited to the regions of the geological formations indicated by Bircher. With the assistance of 25 of his pupils he examined 76,606 school-children between the ages of 7 and 15 years, and found that in some parts of the Bernese Oberland from 80 to 90 per cent. of the children suffered from the endemic. While the disease was far less frequent upon the Jurassic formations than upon the marine Molasse, he found that the former was, nevertheless, not exempt, and that even the upper and lower fresh-water Molasse were not immune. Kocher finds the endemic intense upon the Jurassic formations of the Bernese Oberland. He is inclined to attribute these deviations in the behavior of the endemic in sections situated upon similar rock formations, though in different parts of Switzerland, to the presence and admixture of impurities in the soil, and above all, to organic matter.

Kocher concluded that the determining factor does not lie in the mineralogical or chemical constitution of the soil, but in its greater or lesser pollution, and in consequence that the culture media for the microörganism or toxins involved may extend far beyond the limits indicated by Bircher (Ewald).

Investigations made by the late Dr. Ernest Pagenstecher in the middle Rhine district and in Nassau support in general the Bircher theory. He found the endemic most pronounced upon Devonian slate. Where this formation has been covered with a fresh-water formation, the endemic disappears. Pagenstecher does not find the goiter especially pronounced among children in the sense of Schittenhelm and Weichardt.

In Hesse's researches concerning the distribution of endemic goiter in the Kingdom of Saxony, he was unable to corroborate entirely Bircher's theory as to the regular coincidence of certain geological formations and goiter. In Saxony, as elsewhere, the severity of the endemic increases within the high-lying mountainous districts, but in contradistinction to Bircher, Hesse found the greatest number of goiters upon the eruptive Muscovite gneiss and Ebenstock granite, while the Devonian, Silurian, and carboniferous formations of the Paleozoic periods were relatively free. In agreement with Bircher, Hesse found that the endemic was particularly intense upon the earliest strata of the marine sediment of the older Paleozoic period, especially the lower Cambrian.

Recent investigations were made by Lobenhoffer in Lower Franconia which entirely agree with the laws established by Bircher. Apparent deviations from these results were almost invariably found to be based upon errors in the geological map. These contra-indications were corrected upon comparing the Lepsius map, which proved inexact in some places, with the more detailed Munich map. Lobenhoffer affirms that the intrusion of small wedges of shelly limestone amidst other formations will invariably augment the intensity of the goiter endemic. He believes these laws to be so exact that goiter may be considered a veritable Leit-fossil by the aid of which one can trace stratigraphical conditions despite errors of classification in existing geological maps. Where an apparent exception occurs, closer examination will prove either that a mistake has been made in classing the formation in question, or that the outcropping stratum is of so little density that the springs and wells penetrate into an underlying bed of Tertiary, Triassic, or Paleozoic marine sediment. These views are shared by Breitner, Wegelin, etc.

Schittenhelm and Weichardt recently made investigations in the Kingdom of Bavaria where their findings did not, on the whole, agree with Bircher's theory. They report the endemic prevalent upon the Archæan rocks of the Bavarian Forest, and upon Keuper, fresh-water Molasse, and Diluvium, all of which, according to Bircher's theory, should be immune.

Schittenhelm and Weichardt are convinced by their investigations in Bavaria that water issuing from one and the same rock formations may produce goiter in one locality and be harmless in another. Finally, they conclude that, "The primary determining factor for the endemic distribution of goiter does not lie in the geological formation, but in the infection of the water itself which may indeed be influenced by certain rock and soil conditions but not according to fixed laws." They further consider that the element most conducive to endemic goiter is the mountainous character of the country. It is interesting to compare this summary with the conditions which McCarrison groups together as ideal for the development of goiter, "An agricultural population living on a porous soil, which soil contains much organic matter, and, because of its porosity or slope, admits of the ready passage of organic matter into the unprotected streams and wells that are the water supply of the people. It is in the mountainous countries where limestone rocks abound that these conditions are most frequently found in combination."

Schittenhelm and Weichardt further remark that the occurrence of endemic goiter in sections upon underlying Archæan rocks in but one region of the earth's surface would be sufficient to invalidate the Bircher-

toxin theory, as it is impossible for an organic colloidal toxin to be washed out of Archæan rocks which are absolutely free from organic matter, or from eruptive rocks which reached the earth's surface with many thousand degrees of heat in a molten, liquid state. The most interesting observation made by these authors is related to the incidence of goiter among children which they claim reaches its maximum at about the tenth year and decreases after that age. The frequency of goiter among children is so great that it suggests an analogy with the findings of Koch in his investigations of malaria, a disease which attacked all children in endemic territory during early life, and was followed by the development of a natural immunity in the course of time. Schittenhelm and Weichardt suggest that in the regions where the goiter endemic is intense the entire population may be affected during early childhood in greater or less degree, the majority acquiring a sort of immunity later on. These observations are particularly significant when we remember Kocher's findings of from 80 to 90 per cent. thyroid hyperplasia among the school-children of some parts of the Canton of Berne. It is, moreover, an established fact that the young are peculiarly liable to develop goiter when transferred from goiter-free to endemic territory, as has been proved by the many epidemics in boarding schools, seminaries, and barracks cited in our chapter on Epidemic Goiter.

While it may be considered as an established fact that the goiter toxin may be transmitted to the human body through drinking water (although even this is denied by some investigators, Kutschera, Tausig, etc.), few of the scientists of today still believe that the cause of goiter lies within the geological formation itself. We agree with Schittenhelm and Weichardt that, "It is incredible that such virulent activity should be attached to a toxin derived from organic matter which has been buried within the earth for many hundred thousand years." More probably, when the solution is obtained, the cause will be found to lie within conditions which are quite subject to our control, as has been the case for so many devastating epidemic diseases such as malaria, yellow fever, and so forth. A curious fact is that in those countries where the endemic is light, although clearly defined, goiter wells are unknown, but as one advances into the districts of high endemicity, the noxious qualities of the waters concentrate and intensify until one comes to the well-known goiter fountains whose waters were dreaded even by the ancients and which have kept their evil fame unto this day.

It has been well said that the Panama Canal was built, not by engineers, but by doctors, so why should their high courage, insight and perseverance fail before this oldest and most baffling of the endemic maladies? Through the process of elimination the circle of probabilities and possibilities must become smaller and concentration conse-

quently higher in the remaining fields of investigation. The solution will doubtless come in this, as it has in other problems, when least expected.

Repin's or Plutonian Theory.—Dr. Repin, of the Pasteur Institute, has published several interesting articles upon the “Nature and Origin of Goiterigenous Waters,” which he associates with mineral springs. As a general proposition he affirms that endemic goiter is never absent in a mountain range of any importance, and that in proportion to the height and precipitousness (*i. e.*, geologically recent) the endemic is more intense. The disease attains its maximum upon the mountain slopes and adjacent valleys and plains, the upper zone being comparatively free.

In order to make his theory clear, Repin gives a brief summary of the history of the origin of mountain chains. Mountain chains occur along lines of weakness in the earth's crust where there has been a subsidence or depression between two more rigid masses of the lithosphere. These lines of subsidence are called *geosynclinals*, and when through contraction of the earth's surface they are subjected to lateral or tangential thrusts from the harder formations between which they lie, the space above them alone being free, these vast masses are folded, pushed upward, and forced one over the other in stratigraphical disorder. When this upheaval is terminated, those parts of the newly formed chain which are not on a firm basis subside and sink, the solid central mass usually maintaining its equilibrium while the slopes and base of the synclinal fold are rent with innumerable fractures and dislocations or faults.

The dimension of these fractures and the mechanism of their production indicate that the entire density of the lithosphere must be concerned. They therefore open a door of communication between the atmosphere and the igneous interior of the earth. The earliest of these fractures have been filled with incandescent matter which in the process of solidification has formed the veins of quartz, granite, porphyry, which we often find penetrating stratified deposits. Later these interstices formed chimneys where highly mineralized vapors condensed when reaching the cooler regions near the earth's surface and gave rise to the metaliferous veins so abundant in secondary and tertiary formations. At the present time only the most recent fractures remain open and the visible signs of the inner eruptive energy are limited to geysers, mineral springs, and exhalations of combustible gas and carbon dioxide. Repin affirms that true mineral springs are precisely of this class and arise from great depths in the earth's interior through the aforesaid fractures of the lithosphere. They are known as *hypogene*, *native*, or *plutonic* waters. Their most important attribute is the powerful action which they exer-

cise upon the general metabolism and which is possessed by no other medical agent. Analysis of the composition of these waters does not account for their peculiar and well-established property, which is transient and fleeting in character, these waters losing much of their action after transportation, the best therapeutic results from their use being obtainable only at the source of the springs themselves.

Since the discovery of radio-activity it was natural for investigators to turn in that direction, and it was found that the majority of mineral springs were highly radio-active. Repin believes a high radio-active count to be a necessary condition of plutonic waters. In the great melting pot at the earth's center the water issuing from the liquefying rocks must absorb radium emanations in abundance and carry them to the earth's surface as it rushes upward through the lines of fracture already described.

Upon the foregoing basis Repin assumes the three necessary characteristics of mineral waters to be:

1. A general physiological action *sui generis*, which he describes as affecting the general metabolism.

2. They must emerge along the lines of fractures in the earth's crust.

3. Their radio-active count must be high, this being (he considers) the necessary property of hypogene waters.

Repin believes these three attributes to be common to mineral and goiterigenous waters and that it is therefore legitimate to conclude that they belong to the same family, *i. e.*, that they are hypogene, native, or eruptive waters. Examinations of goiterigenous waters from St. Jean-du-Maurienne and other goiter wells in the Maurienne, Oisans, and Briçonnais showed them to be radio-active in the same degree as the mineral springs of Dax and Contrexéville.

These native waters have been in contact with the igneous interior of the earth where aqueous vapors, mineral fumaroles, radio-active derivations and rare gases take part in a cycle of reactions from which result, under the appearance of a simple aqueous solution, a complex composition which we have not yet been able to analyze. This might be called the *plutonian theory*. Here Repin recalls St. Lager's theory as to the etiological influence of metalliferous veins, especially iron pyrites, which he invariably found associated with goiterigenous springs, this erroneous conclusion being due to the fact that metalliferous veins and goiterigenous springs occur along the same lines of dislocation in the earth's crust.

To what element must be assigned the principal role in the complex aggregate which constitutes a true mineral water? Do the mineral constituents preserve a temporary instability which might facilitate

their aptitude for entering into combination? For instance, the principal mineral substances found in goiterigenous waters are salts of lime and magnesium. In the Alps goiterigenous waters may frequently be distinguished from others by their calcareous deposits. But as these same mineral salts are also found in equal quantities in other waters which are manifestly not goiterigenous a causal influence cannot be attributed to them unless in these native or plutonic waters some unknown constituent might alter their action in the human organism. Possibly the energy developed by the disintegration of radio-active bodies has been employed in some abnormal biochemical process.

In short, Repin attributes capital importance to the chemical ingredients of goiterigenous waters, especially salts of lime or magnesium, in combination with radio-active substances. He bases this hypothesis upon the works of Senator, Leopold-Levi, de Rothschild, Hertoghe and others who have proved that the function of the thyroid is not single but is multiple. One function controls the secretion of iodine, upon which depends the general metabolism; another function controls the secretion of phosphorus, which in turn presides over the thermogenesis, the vasomotricity, and the regulation of the cardiac rhythm; another function controls the secretion of sulphur, upon which depends the nutrition of the skin and hair; another function controls the secretion of arsenic, to an insufficiency of which Hertoghe attributes attacks of migraine. Each one of these functions is exercised by means of a special hormone which is secreted by a distinct mechanism, so that in fact the thyroid gland is composed of a bunch of separate glands intimately associated and interwoven.

It will be easily conceived that when any of these functions is over-excited, one or more of the others is liable to become disordered.

In this connection Repin considers that the discoveries of Sabatani, J. Loeb and his school as to the biological action of the calcium ion are particularly valuable. These physiologists have shown that the calcium ion is a moderator of the cellular functions. Augmentation of the protoplasmic concentration of the calcium ion is accompanied by depression, while diminution of the concentration occasions phenomena of excitement. The thyroid gland is the regulator of the metabolic mechanism of the calcium ion and its opposing sodium ion. The influence of decalcifying agents, and especially sodium, is exactly opposed to that of salts of lime. Now, the work of Senator, Moraczewski, Papinian, Leopold-Levi, de Rothschild and others has established that the thyroid gland controls the metabolism of lime, and Repin holds it possible that in exercising its functional control over the general metabolism the thyroid gland may modify the concentration of the calcium ion and the sodium ion.

This much granted, Repin suggests an hypothesis which would cover all sides of the problem. Suppose that the calcium ions of goiterigenous waters differ from those contained in ordinary solutions by some one property—perhaps of an electrical character—and because of this difference are not subject in the same degree to the osmotic law, and are more readily diffused in the cytoplasm, where they remain in a higher state of concentration. In this case the ingestion of goiterigenous waters would induce a condition of hypercalcification from which would ensue a depression in the general metabolism. The effect would be that of a mineral water chemically characterized by a dominant lime and physiologically by a depression of the metabolism. These waters might be classified as the antagonists of those having a dominant of sodium, and in this connection it is interesting to recall the statement of Leopold-Levi and de Rothschild that patients who have taken the cure at Aix sometimes show symptoms of Basedowism. Because of the hyperconcentration of the calcium ion, the thyroid gland is obliged to augment its secretion in order to maintain the chemical balance of the organism; hence hyperplasia of the gland, and if the use of water containing the injurious ingredient is continued, the gland, being unable to increase its secretion in sufficient quantity to compensate for the hypercalcification, symptoms of hypothyroidism are added to the already existing enlargement.

E. Bircher remarks that these conclusions as to the biophysiological action of the goiterigenous waters in the organism must be considered as hypothetical in view of the fact that the metabolism of lime is controlled by the parathyroids and not by the thyroid gland itself.

Repin suggests that these facts might serve as a basis for a new treatment of hyperthyroidism. The tendency of goiterigenous waters being certainly to reduce the secretion of thyriodin, he believes they might be successfully employed in combating the hypersecretion of exophthalmic goiter. In support of this theory he cites a case reported by Prof. Wilms, of Basel, of a patient suffering from exophthalmic goiter whose condition invariably improved while living in endemic territory.

Radio-active Waters and Goiter.—Although radium has been used therapeutically in the human organism, and experimentally on animals, and although it has been recognized that according to dose and methods of application, disturbances to health may ensue therefrom, and although mice, guinea-pigs, and frogs have been killed by breathing air containing radium emanations in large quantities (several million mache units to the liter), it has, notwithstanding this, never been found that an enlargement of the thyroid could be attributed to the use of radium in any form. Further evidence in this direction is furnished by the large industrial class employed in handling highly radio-active substances.

Prof. Dr. Hahn of the Chemical Institute of the University of Berlin, who has worked with radium for six years, declares that, although constantly occupied in an atmosphere containing radium emanations, exceeding the therapeutic dose a million times, he has never observed or heard of a goiter thus produced.

In Saxony there are certain districts where the endemic prevails with greater intensity than elsewhere and this is particularly the case in Eastern Vogtland and Western Erzgebirge. Hesse finds that orographically considered the well-defined endemic may be said to prevail only in the high mountainous parts of the kingdom while the plains are relatively free.

The exceedingly varied surface of the land is naturally accompanied by an unusual wealth of geological formations due to great volcanic activity in the earlier phases of the world's history. It is therefore not astonishing that valuable minerals and metals should be found there in abundance. Large quantities of uranium minerals are also present, and because of the amount of radium contained in these minerals, the interest of those technically concerned with these products has been aroused so that investigations have been made concerning them. Springs and waters were tested as to their radio-activity by order of the Kgl. Säch's. Finanzministerium, and thus it was found that Saxony possessed radio-active springs, and that some of these waters contain the highest amount of radium that has as yet been measured.

The results of these examinations placed at Hesse's disposition a considerable mass of reliable material for the comparative study of local correlations between radio-active waters and goiter. His conclusions are that the goiter endemic prevails most frequently in high-lying mountainous countries, and that here because of certain geological and mineralogical conditions strong radio-active waters are found in great numbers, but that such waters are as frequently found and are of equal strength where goiter is unknown. It may be concluded that there is no causal connection between radio-activity and goiter, and that the parallel coincidence of radio-active water and endemic goiter is accidental and not regular.

Organic Theory.—Prof. Wilms is of the opinion that goiter is due to an *organic ferment*. These views are based upon Bircher's experiments with goiterigenous water upon rats. Wilms thinks it impossible that a living organism should be confined to certain geological formations, and came to the following conclusions:

During the formative process of the marine sedimentary strata, sea fauna must necessarily have been included in these deposits which are therefore highly impregnated with organic substances. It is not improbable that water running through these sedimentary strata would wash

out and carry off in solution some of the products of decomposition from these organic substances. The presence of these products in the water as toxin or organic ferments might then act as the exciting cause of endemic goiter. Wilms thinks that strong evidence in favor of this theory is furnished by Bircher's experiments proving that goiter can be produced in rats by water which has passed through the Berkefeld filter, and by Wilm's own investigations which have established that goiterigenous water when heated to 70° loses its harmful properties, this being the temperature at which toxins and ferments, especially toxalbumins, are rendered innocuous. From these facts Wilms concludes that the cause of goiter must be due to a *toxin* rather than to an *organic excitant*, and that this toxin is held in solution in the drinking water. Bircher believes the toxin to be of colloidal nature.

Dr. Sasaki, acting upon Prof. Wilm's suggestion, made a series of experiments with the view of studying the action of organic poisons in the production of goiter. These experiments carried out by Dr. Sasaki at Heidelberg gave the following results:

1. By feeding animals on cooked rice mixed with rat feces, moderate sized enlargement of the thyroid gland of a diffuse character was produced.
2. Feeding with decayed fish gave negative results. The animals died rapidly and showed disturbances in growth.
3. By feeding with decayed meat, negative results were produced.
4. Feeding with calves' thymuses also gave negative results.
5. Subcutaneous injections with cadaverous products in large and small doses gave negative results. The animals died soon.
6. Subcutaneous injections of tyrosin also gave negative results.
7. Subcutaneous injections of acetone nitrile gave negative results.
8. Feeding with rat feces mixed with iodide of potassium also gave negative results.
9. Feeding with rat feces mixed with thyroidin produced negative results.

These findings are exceedingly interesting and valuable as they show that organic poisons are not capable of producing goiter, but that fecal matter contains a substance which may cause alterations in the thyroid gland when introduced into the circulation. Moreover, the addition of small quantities of potassium iodide or thyroidin to food which has been mixed with fecal matter was sufficient to prevent goiterous changes from taking place in the thyroid gland. All of these observations corroborate McCarrison's findings and coincide with the observations upon the retrogression of goiter among fish, after the addition of small quantities of antiseptics, sublimate of potassium iodide (solution 1 to 5,000,000) to the water of the fish tanks.

Interesting in this connection are the experiments of Dr. Fr. Messerli, of Lausanne (*Revue Medicale de la Suisse Romande*, March 20, 1915), in the treatment of goiter by intestinal disinfection. The disinfectants used by him were thymol, benzonaphthol, salol, creosote pills, and mild laxative pills, the effect of which was merely to reduce the bacterial flora of the intestines by evacuation. In the 11 cases subjected to these different therapeutic measures the results were surprisingly good and have convinced Dr. Messerli that endemic goiter is coincident with the use of drinking water which in some way has been exposed to parasitic pollution. He does not know whether to attribute the results obtained from the antiseptic treatment to a direct action upon the specific goiter agent in the intestines or to a general effect in diminishing the number of normal microbes in the intestines and thus decreasing their toxic products.

These various experiments establish clearly that the goiter agent, whether living organism or toxin, is inhibited in its activity by the use of disinfectants.

Probably this restraining influence consists in a coöperative action with the thyroid gland by means of which it is enabled to accomplish its normal task of counteracting and overcoming the ferments always present in the intestine, and at the same time to combat the specific goiter toxin. Such little assistance is sufficient to enable the gland to do all of this task without overwork which results in hypertrophy, or in failure to accomplish the whole task, from which ensues the injurious and progressive accumulation of toxins resulting in goiter-heart and other phenomena of goiterous degeneration.

It must, however, always be borne in mind that no medical treatment is efficacious in cases of goiter of long standing, where severe degenerative, cystic, and adenomatous changes have occurred. In all such cases there is no other recourse than to surgical treatment which should be obtained at the earliest possible date.

Contagion by Contact Theory.—On account of long years of personal experience and investigations in Styria and Tyrol, Dr. Adolph Kutschera holds that the theory of the water etiology of goiter and cretinism is untenable. He is convinced that the only reasonable explanation of the various characteristics of the endemic lies in contagion by contact, and that there is no analogy in medical experience for the generally accepted opinion that the cause of goiter is to be sought *only* in the drinking water. In all of those diseases, he continues, the dissemination of which was for a long time attributed to water, it has ultimately developed that water was not the principal carrier of the infection. For instance, in typhoid fever, dysentery, and cholera, water was supposed to be the exclusive source of the evil until it was clearly

established that the principal means of transmission was through contagion by contact. Dr. Kutschera therefore assumes that such will be the case for goiter and for cretinism just as it has been for the foregoing diseases.

Before entering into the reasons which have brought him to this conclusion, the author defines his conception of cretinism in order to make clear the basis upon which he founds his theory as to the common etiology of these disturbances. This conception is based upon etiological reasons, and not upon clinical observations, and includes all of the developmental disturbances both physical and mental which are caused by the cretinogenous noxa in endemic territory. Varying as this picture does from normal to the severest forms of hypothyroidism, idiocy, and deaf-mutism, all of these disturbances can be traced to the same original cause. Goiter must, he declares, be included in these disturbances, but it bears a peculiar relationship to them; its general distribution is far wider than that of cretinism and outside of regions where endemic goiter prevails there is no cretinism. Cretinoid children, he continues, almost invariably have goiterous mothers, and in the rare cases where this is not true, either the father or another member of the family will be found to have goiter.

The most constant injury, adds Kutschera, that can be traced through all of the various disturbances occasioned by the endemic noxa is not goiter, but injury to the nervous system. The endemic noxa acts upon the nervous system especially, and the severity of the disturbances occasioned are determined by the power of resistance in the individual attacked. The younger the child exposed to these influences, the more liable will it be to acquire severer forms of the disease as idiocy and deaf-mutism; while in adults and older children the result will be endemic goiter and its accompanying symptoms. Kutschera recalls that the thyroid gland is peculiarly susceptible to nervous influences, as has been shown in exophthalmic goiter, and he concludes that the goiterous agent works through the nervous system upon the thyroid gland, occasioning the cretinous degeneration when attacking the fetus or newborn child, and causing goiter in the adult, or more resistant body. Kutschera continues his arguments by showing that the general opinion that goiter and cretinism are confined to certain districts has been shown to be erroneous, and that this assumption was largely due to the exquisitely chronic nature of the disease which lasted a whole lifetime; its fluctuations covering decades and centuries instead of weeks or months as in ordinary diseases. Cavatorti (1907) further illustrates that in Italy goiter has entirely disappeared from the Provinces of Ferrara, Bari, and certain districts of Sicily, and that many other investigators report the endemics of both goiter and cretinism as

diminishing or gone from localities where they formerly prevailed. Even more significant than these local and periodical fluctuations of the endemic he finds the fact that goiter and cretinism are not evenly distributed among the inhabitants in endemic territory as would be the case were water the only cause of the disease. Dr. Kutschera concludes that careful examinations of all individuals living in groups of houses having a common water service show clearly that goiter and cretinism are not dependent upon the community of water, but are confined to certain houses, and in large tenement houses may be traced to certain dwellings, *i. e.*, it is a house disease like tuberculosis.

Although cretinism is a pronounced family disease it cannot be considered hereditary inasmuch as the parents of cretins are in general normal except that the mother in almost all cases has a goiter. Children of cretinous mothers may, and often do, develop normally if removed to a neighboring house where there is no goiter or cretinism. Köstl observed in 1855 that among the noblemen of the Canton of Valais it was customary to bring up only the eldest son at home while the others were left to the care of cretinous servants and likewise became cretins themselves. The necessity of dividing the property among so many children was thus avoided.

Kutschera bases his theory that goiter and cretinism in endemic territory are confined to certain dwellings, upon investigations made in nearly two hundred localities where he always found homes inhabited by cretins grouped together in close vicinity.

He did not find it possible to establish a correlation between the common water supply and the disease, as one and the same water was used in the cretin houses and in those free from the disease. Where one cretin was found, there were usually others in the house, and it was frequently shown that the house had formerly been occupied by cretins. Kutschera emphasizes this point in the hope that these conditions may be investigated in other localities. In 1844 Fradeneck described the Tostenhuben in the community of Sirnitz, Carinthia, where from time immemorial all children and adults suffered from the cretinous degeneration. These Tostenhuben which still exist were recently visited by Kutschera, who was unable to find either goiter or cretinism at the present time. Two of these Tostenhuben had been destroyed by fire and rebuilt. One had remained unoccupied during forty years and was then refurnished. Goiter and cretinism have since disappeared. In one of these "huben" which burned down in 1847 it was ascertained that a child born before the fire was still cretinous, while all the children born since the fire, among whom is the present proprietor, have developed normally. The water supply in every instance has remained unchanged.

Since the water cannot have been the cause of goiter and cretinism it must be assumed, Kutschera thinks, that the disease was transmitted by means of the household furnishing, bedding, clothing, etc.

The occurrence of goiter and cretinism outside of endemic territory furnishes further evidence in favor of contagion by contact. Kutschera recently encountered an unusually typical twenty-year-old cretin in a part of Tyrol (the district of Brixen), where goiter is rare and cretinism unknown. Investigations showed that all the members of the household including mother, sister, and two little children boarding with the family, were goiterous. Further instances are given where in immune territory entire families may be found with goiter, the mother being a goiter-bearer from a region where the endemic prevails. Kutschera considers the already cited endemic in Deoba, India, where the Brahmin class remained immune as due to their complete isolation, and the consequent protection from infection by contact rather than to the difference in water supply to which it is attributed by McClelland.

Kutschera asserts that so-called goiter wells will not bear investigation. The stories of military conscripts having acquired goiter by drinking from wells in endemic territory is to be explained by their living with goiterous families where the disease was transmitted by contact. According to his views all goiter epidemics are to be considered as evidence against the water etiology of goiter, as they never attack those having a common water supply, but are always confined to some one house or dwelling such as barracks, boarding schools, etc.

The endemics in fish ponds cited by Gaylord are also given as examples of infection by contact. Positive animal experiments in endemic territory are explained by the animals being exposed to contagion by contact. In closing Kutschera refers to Chagas' disease in Brazil which in its chronic forms resembles cretinism and is transmitted from man to man by the bite of an insect. Kutschera thinks the discovery of this disease to be of the greatest importance for the etiology of endemic goiter and cretinism. Analogy is of such moment in medical matters that the possibility of the transmission of these endemic diseases through some intermediary host must be at least considered.

The fact that the development of goiter and cretinism is favored by unhygienic living might indicate the intervention of some species of insect.

Dr. Siegmund Taussig's researches concerning goiter and cretinism in Bosnia have led him to form the same conclusions as Dr. Adolph Kutschera concerning the infectious origin of goiter. Cretinism he believes to be a congenital condition due to goiter in the mother. In Bosnia and Herzegovina the opportunities to observe the dissemination of infectious diseases by contact are numerous because of the customs and habits prevailing among the population.

Through his observations in Bosnia Kobler¹ became convinced that leprosy is transmitted by contact; moreover, it is noteworthy that in Bosnia leprosy is seldom found in large cities; that it attacks by preference the masculine sex (83 per cent.) and that 44 per cent. of those attacked are Mohammedans. (The latter constitute 32 per cent. of the population.) The dissemination of syphilis in Bosnia has likewise attained most unusual proportions.

A recent governmental investigation showed not less than 42,000 cases of syphilis, the great majority of which were extragenital. A high percentage of the Mohammedan population was affected in this case also. These observations and his own experience as to the repeated occurrence of goiter in families brought the author to the conclusion that Kutschera's theory offered a possible solution of the goiter problem. From this point of view Dr. Taussig carried out extensive researches in Bosnia, especial emphasis being laid on family histories as a point most important for the contact theory.

The customs of these people are peculiarly favorable for the transmission of disease by contact. The population is almost entirely of the agricultural class whose custom is to prepare and serve their food in a common vessel from which each takes his portion without the formality or the intervention of forks, spoon, or plates. Cups and glasses are likewise rare. The drinking water is kept in an earthenware jar from which all members of the household drink. Beds are almost unknown; everyone sleeps on the floor—members of the family side by side, in the same room. These primitive customs are more prevalent in isolated and inaccessible localities, and are always accentuated in the Mohammedan families who cling to their old traditions with obstinate conservatism and accept modern customs with difficulty, whereas, modern hygienic conceptions have been more rapidly absorbed by the Christian population.

Dr. Taussig's own observations rest upon these facts. In the garrison of 130 men at Srebrenica there has never been a case of goiter. It is true that the garrison has a water supply of its own, but this is obtained from the Bojnagebirge whence the civilian population also draws its water supply. Among the families of officials and officers who have lived in Srebrenica for years and were scattered throughout the city, there was no goiter, with the single exception of one child who attended the public schools. Although the Austrian police are dispersed throughout the district, goiter is unknown among them. Dr. Taussig concludes that for the development of goiter there must be opportunity for repeated and close contact or association, and this being

¹ Ueber das Vorkommen und Bekämpfung der Lepre in Bosnia und Herzegovina, 1910.

precluded by the religious and social differences between the native and foreign population, the endemic is not transmitted.

In the community of Gladovic where the endemic is intense there is an isolated group of houses entirely free from goiter and cretinism, although drawing its water supply from the same source as the rest of the community. Sarajevo, the largest city of Bosnia, is in general free from goiter and cretinism, although isolated goiters are to be found among the older inhabitants. Neither in the garrison of 4000 men nor in the families of officers and officials is goiter of frequent occurrence.

In the course of his investigations Dr. Taussig was informed that where goiter was contracted among the families of foreigners settled in Sarajevo, some one member of the family has first acquired the disease, the others becoming infected one after the other.

Dr. Taussig reports an interesting case which he considers has the value of an experiment in support of Kutschera's theory. On June 30, 1911, a fox terrier bitch owned by an army officer gave birth to 3 pups of which 2 were males. Nothing unusual was noticed in the pups until August 7, when all three developed a swelling in the throat which was pronounced goiter by the veterinary consulted.

When told of this occurrence, the author immediately asserted that these dogs had been infected by some one living in the house. Examination of every member of the household showed that the members of the officer's family were free from goiter. But the cook, who had been living in the family for two years, had a slight swelling of the thyroid gland, and the orderly, who was entering upon his third year of service, had a well-developed goiter which he had heretofore concealed by his clothing. This orderly had charge of the dogs which Dr. Taussig believes had been infected by him as had the cook who came from immune territory and was unaware of her thyroid enlargement.

Epidemics observed in Bosnia and elsewhere, he finds, are always confined to members of the same household, the rest of the community, although drinking the same water, remaining unaffected.

Animal experiments are not conclusive because ordinarily carried out in endemic territory, and contradictory, opposite results are frequently obtained by different investigators. The fact that in Gaylord's interesting observations of goiter among fish, the addition of an infinitesimal quantity of potassium iodide or sublimate to the water was sufficient to occasion retrogression of the goiter indicates a parasitic origin of the disease. Dr. Taussig reports that in his examinations of cretinous individuals he made special inquiries as to the domestic animals and was never able to discover a single case of goiter or cretinism among them. Acting upon the assumption that the goiter virus is in the saliva, Dr. Taussig experimented upon a young guinea-pig and a young dog by

mixing the saliva of cretins with their food. Both animals died within a few weeks, but the postmortem examination showed no enlargement of the thyroid gland.

Dr. Taussig sees a parallel case in the wide distribution of syphilis throughout Bosnia where the general investigations made by the Government established the fact that the transmission of the disease was due to the use of common eating and drinking utensils, the primary and secondary lesions occurring in the mouth. Dr. Taussig concludes that endemic goiter is transmitted in the same way. The fact that the disease is commoner in the Moslem than in the Christian population is further evidence in this direction because of the obstinate adherence of the former to their primitive customs and unhygienic habits of living.

Dr. Taussig finds a marked association between goiter immunity and the use of sea-salt. Countries which are either free from the endemic disease, or where goiter is rare, use sea-salt. This immunizing property is to be attributed to the iodine in the sea-salt, the constant ingestion of which in such minute and easily absorbed quantities is sufficient to increase the iodine supply of the thyroid gland and thus to destroy the goiter virus. Dr. Taussig believes that sea-salt is destined to play an important part in the prevention and cure of goiter, as it possesses the immense advantage over all other therapeutic measures of being easily available for all classes, and furthermore, that its use may be prolonged indefinitely without any ill result or disturbance of any kind.

Dr. Taussig is unable to accept Kutschera's theory that cretinism is acquired simply by contact. His researches in Bosnia and Tyrol have convinced him that cretinism is always congenital, but, as the condition is difficult of diagnosis in a young infant, it ordinarily escapes notice until the child is a year or more old. The best proof that the cretinogenous injury must have taken place *in utero* is to be found in the several cases of cretin twins examined by Taussig in Bosnia and Herzegovina and by Cerletti and Perusini in Italy; in each case the clinical picture was the same in nature and degree for both twins.

Taussig's conclusions are that without goiter in the mother there is no cretinism. The mother who has been infected by the goiter virus has been injured in her reproductive power and consequently is frequently subject to miscarriage, premature birth, or the child is not viable. The children that survive are cretins. In time these manifestations become less severe, and the last children are usually in better physical condition. Nature seems to exercise an autoprotective process, the goiter virus and its injurious effects being ultimately counteracted in the system.

Dr. Taussig acknowledges that these very unusual phenomena are remarkably like what we know of syphilis, but he affirms that these

observations were made not only in Bosnia where syphilis is so widely distributed, but also in Styria and Tyrol, and that in the family histories taken by himself and the statistics consulted there was no syphilis.

There is no analogy between these findings of Taussig's and the conditions existing in regions of high endemicity in Switzerland where miscarriage and premature delivery are not unusually frequent, although the rate of infant mortality is higher than elsewhere. Taussig found the results obtained in the treatment of cretinism by thyroid opotherapy unsatisfactory. Some degree of physical improvement ensued such as increased growth and lessening of the myxedematous symptoms, but the mental condition remained unchanged, any apparent improvement in this direction being due to reduction in the myxedematous swelling of the mouth and pharyngeal cavity so that the child is enabled to hear and speak with greater ease. He found, furthermore, that treatment with thyroid tablets, although continued through several years, resulted in no intellectual improvement.

Infection Theory.—Dr. Robert McCarrison, of the Indian Medical Service, in his *Etiology of Endemic Goiter* bases his conclusions upon observations and experiments made during ten years' residence in a part of India where endemic goiter prevails with great intensity. He has further verified these conclusions by studying the disease in the various goiter centers of Europe and is convinced that the endemic goiter of Europe and Himalayan India are one and the same disease. He believes water to be the ordinary means of conveying the toxic agent of endemic goiter and bases his belief upon the positive results of his experiments in giving young men the residue separated by filtration from the goiterigenous water of Kashrote, and upon the animal experiments of Bircher, Marine, Lenhardt and others. The toxic nature of the waters McCarrison attributes to the presence in suspension of a living agent which is the direct or indirect cause of the disease.

The characteristics of goiter produced experimentally in man are:

1. It appears about the fifteenth day of the experiment.
2. It shows a marked tendency to fluctuate in size.
3. It reaches its maximum in size between the twenty-fifth and thirtieth day of the experiment.
4. The enlargement of the gland is neither great nor progressive.
5. It is accompanied, as a rule, by certain subjective symptoms as, for example, throbbing in the neck, feelings of fulness and discomfort.
6. It may completely disappear under conditions of the experiment.

While McCarrison is convinced that water is the principal means of transmitting the contagium vivum of goiter, he also believes that the soil may become a vehicle. Any soil, no matter what its geological

formation, may be converted into a suitable culture medium for the living excitant of goiter through the presence of animal or vegetable matter. It is not the pollution of the soil or water in itself that is the cause of goiter. Just as polluted water will not cause typhoid fever unless it contains the *Bacillus typhosus*, so a polluted water will not cause goiter unless it contains the living excitant to which the disease is due.

McCarrison believes that the seat of the infection in the human body is the intestinal tract, and considers that he has demonstrated the truth of this view by the results obtained in the treatment of endemic goiter by intestinal antiseptics. In more than 100 cases in which 10 grs. of thymol were administered night and morning, the greater number were either entirely cured or greatly benefited.

This treatment is interesting especially because of its etiological significance. The germicidal power of thymol is very great and McCarrison believes that its action is either to destroy the living excitant of the goiter in the intestine or so to reduce its numbers and activity that the production of toxic substances is lessened and the thyroid gland thus relieved of the excessive demand for its counteracting anti-toxic secretions.

McCarrison also thinks that the well-known beneficial action of iodine is largely due to its germicidal properties. Further evidence as to the intestinal location of the goiter infection is afforded by the marked improvement of patients treated with lactic acid ferments (*Bacillus bulgaricus*). Remarkably brilliant results were also obtained by the use of vaccines. Having observed that a plentiful amebic infection was present in the intestinal tract of sufferers from goiter in Gilgit, McCarrison endeavored to cultivate these organisms and was struck by the constant character of the bacillary growth which appeared in the medium employed. He prepared a vaccine from these bacteria and used it experimentally in the treatment of recent cases of goiter. No attempt was made to isolate any particular organism. The vaccine employed was therefore a composite one. A complete cure was effected in both cases where the vaccine was used. It was then noted that the bacterial growth referred to consisted largely of a bacillus which presented the main characteristics of the coli group. A vaccine was prepared from this bacillus, resulting as before in a complete cure of the patient treated. Vaccines were then made from bacteria not derived from the patient's own intestine. A staphylococcus vaccine prepared from a spore-bearing organism isolated from the feces of a goiterous pony were used successfully. The results from the use of Forster's dysentery vaccine were negative.

Metchnikoff has discovered that certain microbes of our normal

intestinal flora are harmful by reason of the poisonous substances—indol and phenol—to which they give rise in the intestines. Organisms of the coli group, the staphylococcus, and certain spore-bearing organisms are among these normal inhabitants of the intestines which are responsible for the production of poisons, and the injurious action upon the liver, kidneys, and arteries, as he has experimentally demonstrated.

Now the vaccines employed by McCarrison were made from organisms similar to these, and as there is no evidence at present that any of these organisms possess a specific influence in the production of goiter, McCarrison explains their action as follows: The function of the thyroid gland is to combat the poisons normally present in the human intestine, and if to these is added the specific virus of goiter, the gland unaided cannot suffice to counteract all these toxins, and thus, in the effort to perform its normal function and at the same time to destroy the specific goiter virus, the gland frequently undergoes hypertrophy, but if assisted in any one direction, it is capable of accomplishing the additional task without injury.

McCarrison summarized his evidence as to the intestinal location of the disease as follows: The toxic agent is introduced into the system through the medium of water or food, and since it is a well-known fact that the thyroid secretion possesses to a high degree bactericidal and antiseptic powers, therefore a powerful antiseptic which exerts its action in the gut cures the disease just as the lactic acid bacillus, and the vaccines, which are prepared from organisms which are known to be normal inhabitants of the bowel, cause the disappearance of goiter.

In the microscopic examination of feces of goiter sufferers McCarrison very constantly encountered amebæ, and while he says that no definite statement as to the pathogeny of these amebæ can be made, their possible importance is obvious. Since 1906 he has been endeavoring to transmit goiter from man to animals by infecting the water supply of the latter with the feces of goiter sufferers. Having obtained only negative results in dogs, goats were selected for the experiment. These animals were from the same flock, between one and two years of age, of the female sex, and not pregnant. They came from a non-goiterous locality, and upon examination, their thyroids showed no signs of hypertrophy. During a period of 108 days these animals drank only water which had been highly polluted with feces, at the end of which time, the thyroid was distinctly larger than normal, and on microscopic examination exhibited an increase in size of vesicles, irregularity and thinning of their walls, and distention of vesicles with colloid. Goats fed on cultures of bacteria for the same length of time showed a tendency on the part of the thyroid gland to be smaller than normal, while the histological appearances were those of an active and very pronounced hyperplasia.

This diminution in size has been noted by other experimenters: Edmonds found in a partially thyroidectomized dog that the remaining lobe, although macroscopically smaller than normal, showed marked hyperplasia under microscopic examination. Farrant also concluded that the earliest stages of hyperplasia are associated with diminution in size rather than an increase.

General Conclusions.—I. We can accept as an established fact that the goiter causative factor, whatever its nature may be, is most frequently conveyed to the organism through drinking water.

II. The activity of the goiter causative factor is of an evanescent and fleeting character. It is destroyed by ebullition, materially diminished by filtration, and loses its goiterigenous power when exposed for a certain time to the air. The goiterigenous power of water allowed to stand in reservoirs is far more marked at the bottom of the body of water than at the top.

III. Heredity is an important factor in the etiology of goiter.

IV. Theories seeking to establish a correlation between certain geological formations and endemic goiter are no longer dependable. The same is true for the theories claiming that lime, magnesium, metalliferous rocks, chalk, etc., must be regarded as causative factors. Goiter is found in every latitude, and in low as well as in high altitudes.

V. Although very clever, Repin's or the Plutonian Theory is purely hypothetical.

VI. There is no causal relation between radio-activity of certain waters and goiter.

VII. There seems to be enough evidence to show that goiter is not propagated by contact.

VIII. So far the weight of evidence seems to be in favor of the "infection theory." Chagas' thyroiditis is a very strong argument in favor of that theory. Infection takes place through the water and soil. What is the nature of this infection, through what specific agent it takes place, is not known. More probably, when the solution is obtained the cause will be found to be within conditions which are quite subject to our control, as has been the case for malaria, yellow fever, etc.

CHAPTER XVIII.

MEDICAL TREATMENT OF SIMPLE GOITER.

TREATMENT of goiter may be *prophylactic, medicinal, or surgical.*

Prophylaxis.—The best prophylaxis for goiter consists in avoiding the regions where goiter is endemic, and this is especially true for children living in endemic regions, and whose parents have goiter. They certainly would be much better off if they could spend the first few years of their lives far from goiterigenous influences, as it is during this early period of their infancy that cretinism and other forms of hypothyroidism are apt to exert their greatest ravages. The well-to-do women of Valais understood this a long time ago, since they not only used to spend all the time of their pregnancy in the “Mayens” of the Valesian mountains, which were notoriously non-goiterigenous, but they also left their little offspring in these regions for the first year or two, because by so doing, they learned empirically that the damages caused by the endemicity were considerably lessened.

In goiterous women living in endemic regions thyroid opotherapy should be undertaken from the beginning of the pregnancy and carried all the way through. It may not only benefit the mother by preventing, to a more or less extent, a compensatory hypertrophy of the thyroid due to pregnancy, but it may also prevent the little child from having a congenital goiter. Goiterous women living in endemic regions while nursing their babies should follow during all that time medical treatment with thyroid extract. In short, the same method of prophylactic measures employed to prevent the child from the consequences of a syphilitic infection of the father or mother, or of both together, should be applied to protect the little child from the consequences of endemic parental goiter.

If adults who are slightly affected with endemic goiter go and live in regions where endemic goiter is unknown, the chances are great that the goiter contracted in the endemic region will disappear. This has been observed quite a number of times with young soldiers changing barracks, etc.

Hygienic conditions seem to be of importance in the prevention of goiter. It has been shown time and time again that the introduction and advance of hygienic conditions in places where goiter was extremely frequent, as the improvement in houses, food, clothing, and in personal

cleanliness, in drainage, and through the construction of roads, have materially diminished the number of goiters or have entirely eliminated them. More than once it has been shown that entire villages or small portions of regions have been delivered from endemic goiter by providing a new source of water supply, or by constructing water-tight canalizations and large reservoirs where water may be plentifully stored and aërated.

When one must live in a country where goiter is endemic, the best prophylaxis for it is *boiling the water*. Filtering the water is not so effective. It has been shown experimentally that filtering the water through a Cumberland or Berkefeld filter, for instance, does not entirely protect against goiter.

MEDICAL TREATMENT OF GOITER.

A surgeon might think that because all the goiters which come under his observation have more or less failed to respond to medical treatment that the latter is of no avail. This would be erroneous. As a matter of fact, a large proportion of goiters which are cured either spontaneously or by medical means never come under the observation of the surgeon. They have recovered under dietetic, hygienic, and medical treatment. Medical treatment has its own field, and no conscientious surgeon will deny that there is a certain category of goiters which are purely medical. On the other hand, no learned and honest internist will refuse to admit that there is a class of goiters which are purely surgical. It would be indeed just as sad and blamable for a surgeon to advocate an operation for every thyroid hyperplasia seen, for instance, at the time of puberty, or during pregnancy, as it would be for an internist to treat systematically with thyroid extract, iodine, or any other medicament, cystic or nodular colloid goiters. In everything there is a "juste milieu," a just medium. Each form of treatment has its own indications and contra-indications. There is no more sufficient reason to discard medical treatment because it has failed in a certain number of cases, than there is to discard surgical treatment because a certain percentage of patients so treated died from operation.

Indications for Medical Treatment.—Medical treatment is especially successful in the parenchymatous forms of thyroid hyperplasia, seen at the time of puberty, pregnancy, and at the time of menopause. A diffuse colloid degeneration, when the latter is not too far advanced, may, too, be influenced by thyroid opotherapy or by iodine treatment. As a rule with nodular colloid or cystic goiter there is a concomitant, parenchymatous hypertrophy which must be regarded as an attempt by Nature to compensate the lost function of the degenerated portions of

the thyroid gland. Such parenchymatous hypertrophy responds readily to iodine treatment and soon diminishes in volume, hence the belief of the public and the error made by many physicians that the colloid or cystic nodule has become smaller, when in fact it has retained the same size, but the gland *in toto* appears to be smaller because the parenchymatous hypertrophy alone has subsided. In conclusion we may say that medical treatment is successful in all forms of parenchymatous hyperplasia which seem to be of compensatory nature, as at the time of puberty, pregnancy, menopause, etc., and which so strikingly resemble the compensatory hypertrophy seen by Halstead after the removal of a portion of the gland. These compensatory hyperplasias and others, as those accompanying nodular goiters, may be prevented by thyroid feeding, or iodine medication, and may be cured, too, by the same treatment. If, however, the hyperplasia has gone too far, the parenchyma does not return any more to its previous normal condition, and hence induces the formation of a permanent goiter.

But medical treatment has its own limitations. In 1895 Bruns ("Beobachtungen und Untersuchungen über die Schilddrüsen-Behandlung des Kropfes," *Beiträge zur klin. Chir.*, Bd. xvi, Heft 2) reported a series of 300 goiters treated by thyroid extract with the following results:

Complete cure	8 per cent.
Marked improvement	36 "
Slight improvement	36 "
No improvement	20 "

Three-fourths of the cases that improved relapsed.

Contra-indications to Medical Treatment.—1. Medical treatment is useless in colloid, cystic, fibrous, calcareous, and nodular goiters. It may, however, be valuable before operation, by reducing to a minimum the concomitant compensatory hyperplasia which is often observed. This does not only facilitate the surgical act, but also prevents the surgeon from removing, with the nodular goiter, a too great amount of glandular hyperplasia which would expose the patient to symptoms of hypothyroidism.

2. When diffuse, colloid goiters have resisted an intelligent medical treatment for two or three months, there is no need to insist any longer. Such cases must be turned over to the surgeon.

3. Every goiter causing pressure symptoms, especially every intrathoracic goiter, and since there is here little to be expected from medical treatment, must be treated by operation. The same is true of those goiters which produce cardiac symptoms.

4. Medical treatment is dangerous in those forms of goiter which grow rapidly; which become sensitive to pressure; which cause referred pains, which, in short, are suspicious of malignancy. In such cases, every day devoted to medical treatment means that much chance lost for a radical cure.

5. Medical treatment is useless in strumitis. In these cases the ideal treatment would be to remove the affected lobe *en bloc* before peristrumitis has gone too far, and before abscess formation and perforations have taken place.

Medicaments.—The medical treatment of goiter is as old as the history of goiter itself. The disease was one of those to which the most fantastic remedies of the Middle Ages were applied. Indeed it was among the maladies supposedly healed by the King's touch. The Kings of England, and the crowned and anointed Kings of France were thought to possess the power of curing certain diseases by touching the patient and by making the sign of the cross above them while pronouncing these words, "Le Roy te touche, Dieu te guerisse."

The touch of a dead hand was another popular remedy for goiter, and is mentioned as such by Pliny. It was thought that the goiter would disappear as soon as the dead body with which it had been brought in contact became disintegrated by decomposition and decay. Peculiarly efficacious was thought to be the touch of a body killed by drowning or execution. A still more curious treatment consisted in enclosing a small living animal, such as a lizard or toad, in a sack and binding this upon the goiter where the animal was allowed to die and thus was thought to carry off the disease in expiring. Amulets and loathsome remedies such as excrements, etc., were among the recognized methods of treatment.

Very old and general is the belief in the influence of the different phases of the moon upon goiter, and it is still customary in the Enns valley for the goiter patient to go out at night and gaze fixedly at the moon while holding his goiter with his right hand and repeating these words:

"Was ich sehe nehme zu (Let what I am looking at, grow).

Was ich fasse, nehme ab (Let what I grasp, get smaller).

In namen des Vaters, des Sohnes, und des Heiligen Geistes. Amen."

Already in 1200 Roger von Salerno was using "toasted sponges," toasted egg-shells, and corals as treatment for goiter. When once it became known that the success of such treatment was due to the iodine content of these medicaments, it became logical, of course, to use iodine itself in goiter therapy.

Iodine in Treatment of Goiter.—It was the Swiss physician, Coindet, in 1829, who was the first to use *iodine* as a therapeutic measure against

goiter. Since then it has become of daily use, and in fact it is still today the only specific treatment we have for simple goiter. We may say that medical treatment of simple goiter is contained in this one word: iodine. Thyroid opotherapy has proved to be a valuable asset in therapeutic treatment of goiter, but its success seems to be in direct proportion to the iodine content of the thyroid extract.

That iodine influences goiter is a fact which is empirically very well established. But why does it, and how? The answer to this question presupposes a complete knowledge of the physiology and chemism of the thyroid gland. Unfortunately these two branches of medicine are still in their infancy. I have read theories, I have tried to elaborate some, none were or are satisfactory. Consequently, I had better leave the question open. Two facts, however, seem to be probable: (1) Iodine activates the functional activity of the epithelium, and accelerates the liquefaction of the colloid. (2) It acts as an antiseptic.

Up to date iodine has been used mostly under the form of iodide of potassium or sodium. It may be used externally or internally. For internal use the saturated solution of KI is best suited. Ten to fifteen drops a day will be amply sufficient.

Externally iodine may be applied, before going to bed at night, on the cervical region under the form of an ointment which is gently rubbed in for about 5 to 10 minutes, and the neck then covered with a flannel cloth. I advise rubbing the medicament over the cervical region purely from a psychological stand-point. Patients are more apt to follow the treatment faithfully if they think that the medicine prescribed attacks the goiter directly. In fact it does not matter what part of the body is rubbed, provided that iodine is absorbed in some way or another. In order to be more active, this ointment must contain free iodine; therefore it is better to wait until natural oxydative processes have set free some iodine by decomposing KI; this condition is obtained when the ointment has taken a yellow color. The same results may be obtained by adding at the start a few drops of tincture of iodine.

R _x —Kal. iodat	10 grams
Aq. dest.	10 "
Lanolin	30 "
Vaseline	70 "
Tinct. of iodine	xxx drops

M.D.S.—For friction at night.

Iodine under the form of *syrup of iodide of iron* may give, too, good results and especially as a prophylactic measure during pregnancy, puberty, etc.

Painting with iodine should be entirely discarded, as it blisters the skin and soon prevents the continuation of the treatment. Further-

more, it is a dirty therapeutic measure which has no special advantage, and which can easily be replaced by any one of the above-described forms and methods.

When thyroid opotherapy is adopted for treatment, small doses should be used, from 0.1 to 0.2 of dried substance or one tablet of 5 grains every day. It is far better to administer small doses for a longer period than large doses over a short period. With such method, one is less apt to have symptoms of intoxication, and furthermore, the treatment may be protracted long enough until the goiter has entirely subsided. The chances for permanent results are better, too. It should, however, always be borne in mind that many of these thyroid preparations are perfectly inert on account of some faulty process in their manufacture.

Whatever form of treatment is adopted, the physician should always remember that it is not necessary to give large doses of any one of the medicaments used for goiter treatment, but that *small* doses are just as effective, and far less dangerous.

The researches of McCarrison and Messerli are too interesting to be overlooked, as may be seen in the chapter on Etiology of Endemic Goiter and Cretinism. Accordingly, intestinal disinfection should be undertaken in conjunction with the iodine medication. Mild laxatives and intestinal disinfectants should be prescribed daily during the whole period of treatment. Thymol, salol, creosote, etc., may be used. I give preference to salol and creosote since thymol, when an acid-free diet is not observed, is apt to cause intense burning sensations in the stomach.

The relation between the thyroid and all the other organs of internal secretion has suggested the attempt to add to thyroid opotherapy the extracts of other endocrine glands. The results so far have not been very encouraging.

X-rays in simple goiter have not given satisfactory results.

Crotti's Formula for Treatment of Non-toxic Parenchymatous Goiter.—Of late I have been using the following formula with the most gratifying results:

R _x —Sodium Arsenate	0.001 gram
Potassium Iodide	0.06 “
Sodium Phosphate	0.2 “
Thyroprotein	0.02 “
Salol	0.2 “

(Chocolate coated.)

D. S.—One tablet three times a day on empty stomach.

These compressed tablets are easy to take, are well tolerated, and usually do not cause symptoms of intoxication. I shall be glad to have

anyone who gives them a trial, report to me as to their efficacy and tolerance. They were prepared for me by Parke, Davis & Co., Detroit, Michigan. I have no objection to having any other reputable firm prepare them. I call them *simple goiter tablets*. It is not a patent medicine.

Whatever form of medical treatment is employed, patient and physician must be prepared to see relapses of the goiter quite frequently.

Dangers of Iodin Medication.—Iodin given during too long a period of time, or in too large doses, not only produces the classical symptoms of intolerance, such as salivation, watering of the eyes, and congestion of the nasopharyngeal mucous membrane, but may also give rise to the worst thyrotoxic symptoms so similar to those seen in Basedow's disease that they have been called by Breuer, "Iodin-Basedow." Every surgeon who has had some experience in goiter surgery has seen, I am sure, more than once these artificially produced cases of Graves' disease caused simply by an untimely, exaggerated, and unintelligent treatment with iodine or its compounds. It should be borne in mind that iodine treatment for goiter does not need to be prolonged over a very long period of time, nor does it need to be intense, in order to be successful. When iodine is going to be active, it shows its efficacy very soon, say, after a period of two or three weeks. Consequently, if after a treatment of two or three months with *small* doses of the medicament, no, or very little, improvement has been obtained, the medical treatment should be stopped. When successful, the treatment for safety's sake ought to be interrupted for small periods of rest of a few weeks in order to avoid symptoms of intoxication. We must not forget that there are patients who react so intensely to small amounts of iodine that not only do the worst symptoms of intoxication follow, but the goiter itself, instead of getting smaller, increases in size. There are people, too, who are so extremely sensitive to iodine that a simple sojourn at the seashore, or the use of certain mineral waters, is sufficient to cause in them marked thyrotoxic symptoms. It should be always remembered that there are goiters which are *latent Basedow goiters*, in which iodine medication is apt to start the "unhinging of the thyroid mechanism," whose consequences no one can foresee.

There is, too, a class of patients to whom the iodine treatment must be administered with great care and under the constant supervision of a physician. They are patients whose goiters are complicated with thyrotoxicosis, with a chronically inflamed respiratory apparatus, or goiters which are manifestly functionally insufficient. Medical treatment must be, too, carefully watched in patients with obesity, myocarditis, diabetes, and nephritis.

TREATMENT OF THYROID INSUFFICIENCY.

The treatment of thyroid insufficiency may be *medical* or *surgical*. The first method includes *thyroid opotherapy*; the second, *grafting*.

Thyroid Opoththerapy.—Modern opotherapy took birth the day Brown-Sequard announced his theories on internal secretion. Already in 1869 that great physiologist had expressed the opinion that all the glands of the organism, with or without excretory canals, throw into the blood active and useful principles whose absence is detrimental to the organism. From that day the basis of scientific *opotherapy* was laid.

Theoretically, opotherapy aims to give back to the organism the natural products of the secretion of a gland, whose function is absent or has become insufficient or perverted. In order to be efficacious, these products must consequently be qualitatively and quantitatively similar to the ones secreted normally. Practically, these conditions have not yet been obtained. Inasmuch as our organism is the laboratory where the most complicated, most varied, and the most delicate chemical metabolistic reactions take place, it follows that only an accurate knowledge of these processes will enable us to undertake rational and successful therapeutic measures. This problem is the one which the study of internal secretion is trying to solve. The farmer of today does not farm his land in the same blind, empirical fashion as formerly, but requires the aid of the chemical laboratory in order to know which of the chemical constituents of the soil are deficient, and which are not. He then treats the soil accordingly. In the same way, the future physician will be able to call into play the numerous isolated products of the organs of internal secretion as a therapeutic means against a great many pathological conditions. In a great many other conditions he will use chemical products which will prove themselves specific for these conditions, as has "606," for instance. That day will indeed be a great day which will see the future physician, instead of medicaments whose action is problematical and at any rate empirical, employing this or that compound isolated from the organs of internal secretion, or some other specific product, and by their clever use restore to normal a disturbed metabolism. Certainly, the future of internal medicine rests with and belongs to *Biological Chemistry*.

Dangers of Thyroid Opoththerapy.—In fact, from the beginning of opotherapy, it has been observed that in animals as well as human beings, thyroid preparations were liable to cause symptoms of intoxication. Bouchard reported headache, irritability, muscular and articular pains. Murray saw after the administration of thyroid preparations, nausea, vomiting, and loss of consciousness. Stabel saw a patient, who had been taking a thyroid preparation as an antifat, become delirious and die.

Beclere saw similar cases and considered thyroid products as cardiac poisons. In a myxedematous patient, after ingestion of 92 gms. of thyroid extract, he saw a marked tachycardia, tremor, exophthalmos, rise in temperature, and increased perspiration. Symptoms of hyperthyroidism have been frequently noticed in connection with opotherapy. One of the most striking cases is the one reported by Nothaft. A man in good health in order to reduce obesity undertook, on his own initiative, to take in a few weeks a thousand thyroid tablets of 5 grains each. He developed a typical Basedow's disease, with goiter, exophthalmos, tremor, increased perspiration, loss of flesh, and glycosuria. The medication was stopped and ten months after the patient was normal again. Ferrarini reported the case of a woman who took thyroid as an antifat cure, 6 to 8 tablets a day. In two months she lost 8 kilos in weight and complained of vertigo, palpitation and insomnia. Nevertheless, she increased the quantity of thyroid and soon began to get nervous, with pulse 150, diarrhea, and constipation, psychic trouble and hallucinations. Boynet reported the case of a student who, during eight days, absorbed six to eight sheep thyroids daily. He soon developed a swelling in the thyroid, palpitations, tremor, and an extremely advanced delirious condition which subsided only after the medication had been entirely discarded. My friend, Gagnebin, while a medical student, submitted himself to a series of experiments in order to determine the action of the thyroid on the normal organism. For a period of about two weeks he absorbed daily one lobe of the thyroid of a sheep. At the end of that time the palpitations had become violent, while fever and abundant sweating were present. The tremor was so intense that he could not rise nor even carry his food to his mouth, while exophthalmos had become very marked. The experiment was interrupted and all the symptoms gradually disappeared. This toxicity of the thyroid products has been confirmed by almost everyone who has resorted to thyroid opotherapy. Gregor, however, seems to have been more fortunate, since he never met with toxic accidents in cases where enormous doses were given, such as 45 grains daily. Usually, however, the symptomatology was found to be very much the same: nervous troubles, characterized by irritability, insomnia, vertigo, and headache; digestive troubles characterized by nausea, vomiting, diarrhea, and constipation; cardiovascular disturbances characterized by tachycardia; and increased vascularization of the thyroid have been most frequently observed.

Thyroid intoxication seems to center its effects mostly on the cardiac, nervous, and gastro-intestinal systems. Intoxication is due to the medicament itself just as it is seen in any other medicament when given in too large or too prolonged doses, as, for example, strychnine, digitalis, etc. As antifat, thyroid products must be used with the greatest

circumspection, as accidents of collapse of the gravest character may occur. Always bear in mind that myocarditis is a very frequent corollary of obesity.

A part of the toxic symptoms following thyroid opotherapy are certainly due to absorption of putrefied products which, according to Lang and Gregor, occur rapidly in the thyroid. They may be partly due to choline, to methylamine, to products of autolysis, and to the presence of toxic lipoids. This is corroborated by the fact that ingestion of fresh thyroids does not cause such toxic symptoms. Ghedini claims that the same toxic symptoms may occur with the pancreas, thymus, etc. Recently Chamagne has found that thyroids in a fresh state are dangerous in proportion to the time which has elapsed since their removal; their maximum of toxicity is to be found between the fifth and sixth days. If the thyroid is deprived of its lipoids, its toxicity is considerably reduced.

In conclusion we may say that the thyroid's toxicity is partly due to its lipoids which are very labile, and to the products of autolysis; as we know, the toxicity of an organ is in proportion to the lability of its lipoids. Some of the other symptoms, as cutaneous eruptions, muscular and articular pains, must be referred to the introduction into the organism of albuminoid substances of animal origin. The remaining group of symptoms, however, must be put in relation with the absorption of thyroid extract. They constitute what we call *thyroidism* and are characterized by tachycardia, headache, vertigo, mental excitation, tremor, dyspnea, fever, protrusion of the eyes, polyuria, glycosuria, albuminuria, polyphagia, polydipsy, loss of flesh, etc. Thyroidism of a moderate degree is very frequently associated with simple goiter. In exophthalmic goiter, however, it may acquire great intensity.

Ingestion Method of Treatment.—After a long period of experiments and trials it is now universally admitted that the *ingestion method* is the easiest and most effective treatment in thyroid insufficiency. *Intravenous and subcutaneous* injections have been entirely discarded, as they are dangerous and do not offer any advantage over the ingestion method. Subcutaneous injections are not only dangerous because the thyroid products are not sterile, but also because they determine severe symptoms of *anaphylaxis*. Rectal feeding, although less effective than feeding by mouth, may be employed in certain conditions when it is necessary to spare the gastrointestinal tract.

Medical treatment should be started with small doses and must be pursued with extreme care and vigilance. In this way symptoms of intoxication, such as vertigo, sensation of heat, headache, etc., may be

spared to the patient, and furthermore, this method gives him time to get used to the medication. It has the further advantage of determining the dose which is necessary for each given case to be therapeutically effective and not to be harmful. Even in myxedematous patients where *a priori* it would seem logical to administer large doses on account of the suppressed thyroid function, one will meet with disappointments and failures if treatment is not started with great prudence and judgment. *A fortiori*, this will be true in cases of partial thyroid insufficiency only. In such conditions we have no means of knowing how much medication will have to be given in order to obtain good therapeutic results, hence again the necessity of starting the medication with small doses. Furthermore, we should always bear in mind the possibility of idiosyncrasy. With thyroid, just as well as with other medications, the most severe intoxications have been known to follow the administration of very small doses of thyroid extract. The cause of these side actions is not known, but it has been suggested that during the course of myxedema, certain substances may accumulate in the organism and that these substances may be broken down by the thyroid in a manner analogous to the liberation of endotoxins when pathogenic bacteria are destroyed in large numbers in the body during the course of treatment of an infectious disease.

In the treatment of thyroid insufficiency, what are the glandular preparations to which we should give preference? Theoretically, the *fresh gland* taken soon after the animal is killed, seems to be the ideal preparation, yet, such is not the case; first, because there is great difficulty in obtaining fresh thyroids just when they are needed; second, because fresh thyroids undergo putrefaction very rapidly and consequently are liable to cause the worst symptoms of intoxication. Furthermore, since the therapeutic activity of the thyroid varies with every animal, and in the same kind of animal varies with many conditions, the mixture of a great number of thyroid glands together is more likely to give a more uniform standard of activity. These requirements are met in the dried substance, providing it has been modified in the least possible degree, and has not undergone putrefaction.

The *powdered desiccated thyroid* is a yellowish, amorphous, odorless powder, putrefaction of which readily betrays itself by a very unpleasant odor. When the latter condition is present the medicament must be discarded at once. The gland is official as "desiccated thyroid gland" U. S. P. Powdered desiccated thyroid is best given under the form of a "cachet" or "wafer" in whatever dose thought necessary. We must only remember that the powder represents about five times its weight of fresh gland, consequently, 5 milligrams, 25 milligrams, and 10 centigrams represent $2\frac{1}{2}$, $12\frac{1}{2}$, and 50 centigrams respectively of fresh thyroid. To insure greater uniformity it is suggested that the powder be

required to yield from 0.17 to 0.23 per cent. of iodine in thyroid combination. It is best to start with one dose of 10 to 25 milligrams of powder every other day at first, then every day, and then to increase the dose to what is deemed necessary.

It is to the credit of Burroughs-Wellcome & Co., Merck, of Darmstadt, Parke, Davis & Co., Armour, etc., to have put on the market a thyroid extract, prepared with the greatest care, in *tabloid form*. These tabloids contain from 0.1 to 0.3 gr. of dried substance. It is well to begin the treatment with one tablet in order to try out the susceptibility of the patient to the medication and then gradually to increase the dose until the most effective therapeutic effect is obtained. Children may encounter great difficulty in swallowing such tablets, and in that case it is better to prescribe the thyroid extract in liquid form. The *thyroid elixir* of the firm, Allen & Hanbury, of London, is useful in such conditions. One teaspoonful represents 0.1 centigram of thyroid.

Whatever form of thyroid medication is adopted, it is well to interrupt the opotherapy one week out of four. When the results are as complete as can be expected, a dose of "*maintenance*" should be kept up, two or three tablets a week, for instance, otherwise hypothyroidism is bound to relapse.

Arsenic is a very good adjuvant in thyroid opotherapy. Hertoghe claims that the thyroid medication is very much more active and better tolerated if the blood is alkalinized with *bicarbonate of soda*.

At first, on account of the marked degree of cachexia, one would be tempted to join to the thyroid medication a fortifying diet such as eggs, wine, or meat, thereby hoping to ameliorate more rapidly the condition of the patient. Such views are erroneous. We have seen, in dealing with the experimental pathology of myxedema, that animals fed with a meat diet show much earlier and more severe symptoms than do those fed with a vegetable or milk diet. It is common knowledge that myxedematous cachexia in children appears, or becomes rapidly much more marked, at the weaning time and especially at the time when an omnivorous diet is substituted for the milk diet.

We have seen, too, that in hypothyroidism the bodily temperature is invariably lowered: hence the indication to keep such patients in warm rooms, to avoid cold baths, and to prescribe warm ones instead, and warm fluids. Such adjuvants will materially increase the effect of thyroid medication.

Thyroid opotherapy must be used in every form of thyroid insufficiency, surgical and congenital athyroidism, spontaneous infantile and adult hypothyroidism, and in cretinism. The earlier the medication is started, the more brilliant will be the results. The medication in such conditions is specific and very often an absolute *restitutio ad integrum*

takes place. It is remarkable to see how quickly the skin loses its myxedematous infiltration, its cyanotic character, and becomes warm; and how the thick, fatty deposits in the neck, supraclavicular spaces and other regions of the body gradually disappear. The abdomen becomes smaller. Remarkable changes take place in the face not only because the myxedema retrocedes, but also because the intelligence of the patient awakes, and its apathetic condition disappears. Menstruation comes back and remains regular, the nutritional exchanges tend to become normal; the movements of the bowels become regular; temperature loses its subnormal character and oscillates between normal limits. In growing children the changes in the skeleton are remarkable. After a few months of treatment the bones grow remarkably and ossification takes place rapidly in the epiphyses as shown by the x -rays. It is not infrequent to find an increase of 8 to 10 cms. in the course of five or six months, even if the patient has reached the advanced age of twenty-five or thirty-five years. Unfortunately, however, the amelioration lasts only as long as the treatment is kept up.

Opothrapy in surgical athyroidism or cachexia strumipriva or thyreopriva gives wonderful and rapid results. If accessory thyroid glands are present, they have time during thyroid medication to undergo compensatory hypertrophy, so that after awhile, they are able to supply the function of the lost thyroid. If cachexia is due to partial thyroidectomy, since thyroid insufficiency is not complete, the thyroid medication will at once restore the patient to his normal condition. Here, again, it will allow the remaining portion of the thyroid to undergo a secondary compensatory hypertrophy so that after a few weeks or months, the thyroid medication may be discarded because the physiological function of the thyroid has again become sufficient.

In *congenital athyroidism and spontaneous infantile hypothyroidism* thyroid opothrapy is of great value. The earlier the opothrapy is started, the more successful will be the results. When nanism and idiocy have acquired a marked development, the cure can hardly be expected to be complete; nevertheless, under treatment the changes are marvellous. There is a marked contrast with the child before treatment and the same one after a period of medication. Such patients regain their energy, enjoy every minute of the day a constant muscular activity which contrasts markedly with their previous apathy and marasmus. Furthermore, they are conscious of no fatigue, hence the danger of acute cardiac dilatation and collapse, and hence the obligation to watch these patients carefully. V. Robin reports the sudden deaths of two myxedematous children as the consequence of an exaggerated activity.

According to Bang, the thyroid principles are eliminated mostly

through the milk secretion. If this is true, it might be advisable to prolong the nursing period as long as possible. Spolberini claims that a child nursed by a goiterous mother may develop hypothyroidism, and that this condition can be relieved at once if a new nurse is provided. Hence the indication always to examine the mother or the wet-nurse in every case of suspected thyroid insufficiency in the child.

In *spontaneous adult hypothyroidism* the results of opotherapy are equally good, but are not so persistent as in surgical hypothyroidism, because in the first condition, the chances for having accessory thyroid glands are remote. If they had been present, they would indeed have undergone a secondary compensatory hypertrophy during the time the thyroid was becoming insufficient, and would then amply supply the deficient secretion of the gland and thus prevent the development of hypothyroidism. Consequently if present, they were not "Funktions fähig" or functionally capable enough to supply the thyroid deficiency.

Systematic treatment of *endemic cretinism* is more of a social problem than a fight against each individual case. It is not only a humanitarian question, but it is also a very important economical problem. If we stop to think that in France alone there are 120,000 cretins, that other countries, as Switzerland, Italy, Austria, etc., are affected in about the same proportion, if not more, it will be easily understood why von Wagner, and Van Jauregg, of Vienna, have sought to have Austria furnish thyroid medication free of charge to its inhabitants.

Unfortunately, in endemic cretinism the results of opotherapy are not as good as in other forms of hypothyroidism. Von Wagner, Magnus-Levi, Weygandt, Gauthier, and others claim to have had good results, but others, as Bircher, Scholz, Kutschera, etc., say that thyroid opotherapy has no influence upon cretinism. At any rate we may say that the treatment of a well-established case of cretinism is more or less *hopeless*. Only in cases *where an early diagnosis is made* before the somatic symptoms have reached their development, and provided, that the cretin is transferred from the endemic region into another free from goiter and cretinism, and submitted to an intelligent thyroid treatment, can we hope to stop the development of the disease. In that way the pathological changes in the skeleton and in the organs of sense and in the intelligence may be prevented. In fully developed endemic cretinism, if opotherapy is beneficial, the somatic symptoms show improvement; the intellectual sphere, however, is seldom materially benefited. Cretins are so very sensitive to thyroid medication that they may show symptoms of thyroidism characterized by nausea, vomiting, fever, tachycardia, insomnia, and loss of flesh.

The best prophylactic measure against goiter and cretinism is to purify the drinking water, but *boiling the water* is the safest prophylaxis.

In regions where goiter is endemic, cistern water offers a great deal more security than the ordinary drinking water. In regions where goiter is endemic people have remained absolutely free from goiter and cretinism by building cisterns and using this accumulated rain water instead of the ordinary water of the vicinity.

So far as endemic deaf and dumbness is concerned, the results of thyroid opotherapy have been negative. Every effort to teach these cretins, as is done in deaf-and-dumb asylums, has been a failure. However, Wagner thinks that if the modern methods employed in the asylums of deaf and dumb should be applied to these cretins, it would not be impossible to obtain some results, because he believes that the disturbances are peripheric, being caused by an abnormal development of adenoids which interfere with the Eustachean tube and thus cause secondary inflammation in the hearing apparatus. Schwendt and Wagner found pathological changes in the tympanic membrane and anomalies in the hammer. Wagner found a chronic middle-ear catarrh and Alexander found an atrophy of Corti's organ. On the other hand, Kocher and others believe that these disturbances are not of peripheric but are of central origin, being localized in the cortical centers, and are of the same nature as auditive and sensorial aphasia. The peripheric hearing apparatus is able to transmit the impressions but the central nervous apparatus is unable to register them.

In small thyroid insufficiency or fruste forms of hypothyroidism the results obtained by opotherapy have surpassed the greatest expectations. As we have seen, Hertoghe, Magnus-Levi, Gauthier, Thiberge, and others have widened this field and recognize that hypothyroidism is the etiological factor of many pathological conditions which, up to then, had remained a blank for the medical profession.

Polyglandular Treatment.—On account of the functional correlation which exists between all endocrine glands, and on account of the influences which they exert one upon another, it is easily understood that every one of them must be in a state of instable equilibrium, so that disturbances in one of them may have a more or less marked repercussion upon the other glands. By throwing into the blood compensatory or antagonistic products, these fellow-glands may be able to hold the physiological balance in its normal limits, but in other conditions, they may not succeed, hence the disturbances which may not be directly in a relation with thyroid insufficiency, but which are related to it only indirectly, viz., by disturbing the polyglandular equilibrium. Consequently, it may be rational in certain cases to add to the thyroid medication the opotherapy of the glands which seem physiologically at fault. Such indications will be the result only of a careful study of the symptoms seen in the patient and of a better knowledge of the function of endocrine glands.

CHAPTER XIX.

THYROID GRAFTING.

ALTHOUGH Schiff had shown long ago that transplanted thyroid was physiologically active, it was only in 1883 that Kocher and Bircher demonstrated its efficacy as a therapeutic measure, and since then it has been freely used by many other surgeons. Bircher was the first to transplant the human thyroid into the abdominal wall of a patient. The results were good but only temporary. One and one-half months after transplantation cachectic symptoms reappeared. He made a second grafting whose results were not permanent, although they lasted longer than in the first case. Lubarsch sought to transplant thyroid into the kidneys. Christiani advocated grafting small particles of thyroid into the subcutaneous tissues. His method is known as the "grafting en semis," and consists in burying small particles of thyroid, a little larger than a grain of rice, into the subcutaneous tissue. Each particle must be buried separately and as many as twenty-five to forty of these small particles may be placed in one sitting. Christiani was able to demonstrate histologically that twelve years after grafting, some of these small glandular particles were still alive, capable of function, and that the myxedematous symptoms had entirely disappeared. One of his cases which he published in collaboration with Scharrin is of great interest, as it shows that this method can be successful. A young girl, seventeen years old, had been completely thyroidectomized. As this patient was insufficiently benefited by opotherapy, Scharrin and Christiani made two series of "grafting en semis." The patient was greatly benefited. Two years after she became pregnant and gave birth to a *normal* child. Curiously enough, during pregnancy several of the implanted particles showed a temporary hypertrophy similar to the one seen in thyroids of pregnant women. One of Kocher's patients who had been grafted with thyroid gland in the abdominal wall two years previously, developed a tumor which suppurated, and was then finally eliminated. Symptoms of hypothyroidism recurred at once.

Payr thought that the organ of choice for the transplantation of the thyroid was the spleen. The results in one of his cases were extremely brilliant. In a six-year-old child affected with congenital athyroidism, he transplanted into the spleen of the child a portion of the normal thyroid belonging to the mother. Five months after, the little patient

had grown 12 cms. Unfortunately, notwithstanding the close consanguinity of the "donor" with the "recipient," thus enhancing the chances of success for the taking of the graft, the results did not remain permanent since, after a certain period of time, symptoms of thyroid insufficiency recurred. Müller and Moscowicz transplanted thyroids into the epiphysis with some good results. Kocher prefers the upper part of the shaft of the tibia, von Eiselsberg, the preperitoneal fat, as the place of election for the grafting of thyroid. Whatever method of grafting is chosen, too often the results are only temporary; the transplanted part undergoes a gradual resorption, so that after a certain time the transplanted thyroid develops vascular connection with the neighboring tissues and may then become permanent.

The solution of this problem was thought to have been found when Carrel related his wonderful experiments on vascular anastomosis. The promises of this method were great, yet, deceptions only were in store. Although Carrel, Stich and Makkas, Borst and Enderlein were able in very few instances to report successful "autotransplantations," they invariably failed when they tried "heterotransplantations." In a series of experiments undertaken in that line, although every possible aseptic precaution was taken and the technic of vascular anastomosis mastered, I was never able to obtain permanent heterotransplantations. Invariably six to twelve weeks after every trace of the transplanted thyroid had more or less entirely disappeared; all that remained was a small mass of connective tissue.

In conclusion we may say that up to date the permanency of the results of thyroid grafting are in the great majority of cases doubtful; their immediate results, however, are brilliant and are due to the resorption of the grafted thyroid tissue instead of its function.

So far the usual methods of grafting are: the subcutaneous method of Christiani, or "grafting en semis" described above, and the one advocated by Kocher, namely, transplantation in the *spongiosa tibiæ*. Instead of making the graft subcutaneous I prefer to implant the thyroid in the preperitoneal space. However, it is best to combine all these methods whenever any grafting is undertaken. Furthermore, the grafts must be numerous, as many are bound not to "take."

Transplantation in the *spongiosa tibiæ* (Fig. 58) has given in the hands of Kocher excellent results. This region being near the epiphyseal line is very vascular; the lacunes are large and thin, and a hole large enough to receive the graft can easily be made. The graft lies there comfortably without undue pressure; however, the graft must be of the same size as the hole, so that *no dead space exists between the wall of the hole and the graft*. This is essential for success. Hemorrhage must be entirely stopped by packing before grafting. This is of the utmost

importance, too, because if hemorrhage occurs the graft will not "take," or at least will be greatly endangered, because hemorrhage infiltrates the graft, becomes organized and finally gives rise to connective tissue which will ultimately destroy the glandular graft.

The gland to be grafted must be well nourished and as active as possible. Kocher recommends the use of thyrotoxic gland whenever possible. If this is not possible he advised treating the "donor" some time beforehand with iodine in order to stimulate the thyroid. The



FIG. 58.—Figure showing cavity in the spongiosa tibiae for grafting of the thyroid.

graft is taken during thyroidectomy as soon as it is removed from the "donor," and must be at once, without loss of time, grafted in the little cavity prepared in the tibia (Fig. 58) of the "recipient." The rapidity of this transport is of great importance. The easiest way is to have the two patients on separate tables and while thyroidectomy is being performed to have an assistant prepare a small cavity in the tibia of the "recipient." The size of the graft must not exceed twice the size of a cherry stone. Every trace of glandular capsule must be carefully

removed because this capsule prevents the neoformation of vessels between the graft and the neighboring tissues. After the graft has been carefully placed in the cavity, the periosteum and the skin are carefully sewed up separately. In order to obtain as complete a vacuum as possible it is safer before closing up the periosteum to create a small vent in order to allow air to escape.

It is highly probable that most of the unsuccessful graftings must be attributed to the poor general condition of the tissues receiving the graft, especially the subcutaneous ones. How could it be otherwise? A glandular graft transplanted in a "milieu" or medium soaked with myxedema and poorly vascularized is bound to be not "viable." Hence, in my judgment, an indication of great importance: before grafting the patient should be submitted to an intense thyroid opotherapy in order to "demyxedematize" him as much as possible. When that is done grafting may be attempted, and opotherapy kept up until the graft has presumably "taken."

However, despite every precaution, grafting of the thyroid will still remain uncertain because the graft is transplanted into new surroundings endowed with entirely different physiological properties. The solution of the problem lies in the discovery of the means capable of modifying the serum of the donor or recipient, or both together, so as to render them closely similar chemically, *i. e.*, *isobiological*.

CHAPTER XX.

INDICATIONS FOR OPERATION IN SIMPLE GOITER.

WE may say that thyroidectomy undertaken under correct indications and performed with good technic is practically without danger and must be undertaken:

1. In every case where medical treatment has failed.
2. In all colloid, fibrous, cystic goiters (Figs. 59-62).
3. In all diffuse colloid goiters which have resisted medical treatment.
4. In all goiters which are partially or totally intrathoracic.
5. In all goiters causing pressure symptoms on the trachea, esophagus, on the inferior laryngeal and sympathetic nerves, and on the arterial and venous trunks.
6. In all goiters having a tendency to produce a goiter-heart, be it mechanical or thyrotoxic.
7. All goiters causing unsightly deformities.
8. In all vascular goiters, thyrotoxic or not.
9. In all goiters secondarily complicated with symptoms of hyperthyroidism.
10. In all goiters which after a period of latency, especially at the time of menopause, suddenly begin to grow, show changes in consistency, lose their mobility, and cause referred pain. These goiters are suspicious of malignancy and should be treated by operation without delay, regardless of the patient's age.
11. Operation should be performed in all cases of strumitis. As I have said before, the ideal in such cases is to remove the infected lobe *en bloc* while pus is still well encapsulated and before peristrumitis has taken too great a development. If this is no longer possible, then the abscess should be lanced and drained.
12. As a general principle, I would say: Do not wait too long before operating any one of the cases which have *become surgical*. The tendency of today's surgery is to be not only curative, but also to be prophylactic: we aim to operate before complications have occurred. In appendicitis, we do not wait until the abdomen is full of pus, we do not even wait until the appendix has ruptured. At the first symptom we open the abdomen and remove the appendix. In so doing we not only cure the patient of his present attack, but also, we operate before the condition has had time to become dangerous: we thus add prophylaxis

to cure. In our gall-bladder surgery, we do not wait until the patient has become so thoroughly poisoned by jaundice that the result of the



FIG. 59.—Nodular colloid goiter.



FIG. 60. —After the operation.

operation will be highly problematical. Nor do we wait until a gall-bladder empyema has perforated into the abdominal cavity or into a



FIG. 61.—Nodular colloid goiter involving both lobes and isthmus.



FIG. 62.—Ten days after operation.

neighboring organ before interfering surgically. At the first symptoms we intervene, because we have learned at the cost of too many lives that procrastination too often causes death, or failure to cure. There, too, the cure of the patient is no longer our sole object; we try to interfere before the situation has become serious. Here, too, we add prophylaxis to cure. In our gynecological work we do not delay until ovarian or uterine tumors have reached a monstrous volume, until they become malignant, in short, until they have endangered the patient's life, before we advocate surgical treatment. As soon as these organs begin to show symptoms, we remove them. We do not only aim to cure the patient of her infirmity, but we also strive to operate while the chances are all on our side, hence again we have prophylaxis and cure in view. And so it must be in goiter surgery. Why wait until the goiter has reached an unsightly deformity, caused pressure symptoms, determined thyrotoxic symptoms, etc., before operating? Why even wait until it causes many symptoms at all? As long as the goiter *has become surgical*, the earlier the operation the better the results will be for everybody concerned, the patient and the surgeon. As we remove any tumor of the breast for fear of malignancy, no matter if that tumor gives symptoms or not, so I believe we should remove *any surgical goiter* for fear of mechanical symptoms, of thyrotoxic symptoms, and for fear of malignancy. Here, too, prophylaxis goes hand in hand with cure. Of course I am speaking of the *surgical cases only*: whenever there is a chance for medical treatment it must be employed judiciously. One should use his best judgment, and should not allow his medical conscience to deviate in the slightest degree from the right path. Surgical therapeutics should not be applied indiscriminately. As in any other line, conscience, experience and knowledge are the best guides.

We should never forget that the extent of the surgical treatment must depend upon the nature of the goiter. It is not enough to diagnose a goiter but we must go a step further and must analyze its *functional capacity*. A hypo-active goiter will be treated entirely differently from a hyperactive one. Of course surgically it is an easy matter to even up a neck, to resect a parenchymatous goiter, or to enucleate a conglomeration of cystic or colloid nodules. From the esthetical and surgical point of view, the operation is a success, yet, a great deal of harm may have been done. Indeed, it is not so rare to find patients with large colloid goiters whose thyroid secretion is barely sufficient to meet the physiological purposes. In such conditions thyroidectomy may result only in aggravating the already existing hypothyroidism. To be sure, enucleation of the colloid or cystic nodules, in some of these patients, may help materially the function of the thyroid since the pressure on the normal parts of the gland having been removed, the normal paren-

chyma can expand and resume its physiological function, so that a complete *restitutio ad integrum* of its functional activity may follow.

All this goes to show that the question does not reduce itself simply to the removal of the enlarged gland no matter if this goiter secretes too much or too little. It is clear, too, that a correct interpretation and a correct therapeutic measure, whatever it may be, undertaken at the proper time and with judgment, may restore the normal functional equilibrium not only of the thyroid but also of the entire inner secretory apparatus.

The most difficult cases to handle are those in which, beside the colloid and cystic nodules, there is a marked compensatory parenchymatous hypertrophy. Should we in such cases decide to undertake an energetic medical treatment with iodine, we may run the risk of increasing the functional activity of the thyroid, and of throwing into the blood circulation an enormous amount of thyroid secretion and thereby determine, what Kocher calls, a "thyroid diarrhea" with all its thyrotoxic consequences. Should we, on the other hand, excise the degenerated portions of the gland, we shall at the same time remove a more or less large portion of the compensatorily hypertrophied thyroid, and so possibly expose the patient to hypothyroidism. Such cases should be treated with the greatest care and handled, according to Kocher (as we do, for example, suspected cases of syphilis); a trial treatment with very small doses of iodine should be given, and a careful watching of the patient should be instituted. The decision will be taken according to the results obtained.

CONTRA-INDICATIONS TO OPERATION.

Despite the most severe asepsis, and the most skilful technic, one runs the chance of losing his patient whenever the goiter has been of very long standing; whenever it has caused prolonged pressure symptoms, and whenever marked bronchopulmonary symptoms are present. The same dangers exist when goiter has caused marked cardiac disturbances as myocarditis, dilatation of the heart, increased cardiac action, in short, whenever there is a mechanical or thyrotoxic goiter-heart. In these instances cyanosis of the face, edema of the hands and feet, even ascites may be present. In Basedowified goiters, where thyrotoxicosis has reached an advanced degree, the chances for fatal results have become greatly increased. The same is true of malignant goiters that have involved the neighboring tissues, especially the trachea and venous trunks. The same is true in strumitis when it has caused such a peristrumitis so as to involve the neighboring tissues in a similar manner as does the malignant goiter. In all these cases not only the results *quoad*

vitam, but also the immediate results are problematic. For one success, how many failures! In all such cases one must rely upon judgment and experience as the best guides.

TREATMENT WITH INJECTIONS.

I think it can be safely said that punctures with aspirative needle and injections of medicinal substances in goiter are things of the past. This method of treatment is a blind, uncertain and dangerous one. The only instances in which I think it is justified are in inoperable cases of exophthalmic goiter for which Porter advised the injection of boiling water. The treatment of goiter by the injection method is not new; almost every known medicament as ergotine, chromic acid, osmic acid, permanganate of potash, strychnine, Fowler's solution, liquor sesquichlorati, carbolic acid, tincture of iodin, ether, iodoform, glycerin solution, etc., has been given a trial. The injection of such substances is expected to produce a local sclerosis and finally to reduce the size of the goiter. It is injected directly into the parenchyma with a small syringe. Of course before injecting, aspiration should be made in order to see if the needle has penetrated a vein, in which case the position of the needle must be changed. These injections are repeated as often as necessary. After a few months of similar treatment, in many instances the thyroid shrinks in size, but in many others it does not, or it does very irregularly. It is this that makes the method uncertain. Furthermore, the method is a dangerous one because hemorrhages and abscesses have been known to follow quite frequently. Sudden dyspnea after such injections has been often reported. Diffuse infiltration of the neighboring tissues has been noticed more than once. A great risk lies in the possibility of injecting the medicament into a vein. Horsley has shown that the injection of 15 c.c. of tincture of iodin into the jugular vein of a dog caused death.

One of the greatest disadvantages of this method is that it converts the thyroid into a fibrous mass which afterward not infrequently causes more trouble than the goiter itself. And then, finally when the patient resorts to an operation, the surgical act is rendered extremely difficult on account of the fibrous degeneration of the goiter and its intimate adhesions with the trachea and other tissues.

All these inconveniences might be, however, overlooked if a danger far more serious were not hanging over the patient's head. I have in mind *sudden death*. This is not a matter of mere conjecture. Heymann reported 12 cases of death, and Wölfler, in 1891, reported 12 other cases. Death occurred either because of sudden asphyxia due to the swelling of the goiter on account of hemorrhage or strumitis. The case of Bonnet

reported by Vallette will serve as a good illustration of the danger of injections. Bonnet, a prominent surgeon of Lyon, was one day consulted by a young, handsome lady for goiter. It was a cyst which did not cause any disturbance whatsoever but greatly distressed the patient from an esthetic point of view. She wanted to get rid of the tumor without operation and insisted upon having the treatment done by the injection method. Tincture of iodine was used. Everything went all right the two following days, so that the surgeon felt safe in leaving the patient and in going to the country. Three days after Bonnet returned. From the station he went straight to the patient's house to see how everything was getting on. To his horror he found a coffin surrounded by candles. What had occurred is easily told: necrosis of the goiter had taken place, strumitis had followed, and suffocation had occurred so rapidly that death ensued before surgical help could be secured.

THYROTOXICOSIS.

THIS condition is known, too, as *Graves' Disease*, *Basedow's Disease*, and *Exophthalmic Goiter*. Mayo calls it *hyperthyroidism*, Kocher calls it *thyrotoxicosis*. Following Kocher, I have adopted the latter denomination. My discussion, however, will have due regard for the classical terminology so firmly fixed in the literature that the usual names may be employed indiscriminately.

History.—That the Romans already knew something about exophthalmic goiter is shown by the fact that any contract for buying or selling of slaves was *ipso facto* invalidated whenever exophthalmos was present. The Romans may not have understood the thyrotoxic symptom-complex as a whole, but they at least realized that there was a direct relation between exophthalmos and a more or less marked physical incapacity. They learned by experience that a slave with exophthalmos was depreciated, disabled, inadequate. It was, however, not until 1780 that Flajani began to suspect that exophthalmos was only a symptom of a disease which he recognized and described, hence the name *Morbo de Flajani* given by the Italians to thyrotoxicosis. Later Perry, in 1786, came to the same conclusions. It is, however, to Graves, in 1835, and to von Basedow, in 1843, that the honor must be awarded for giving a complete description of the condition. Since that time very little has been added to their clinical descriptions of the disease. The gains made since concern mostly the etiology, the pathology, and the treatment of that condition.

Graves' Disease is a condition characterized by a symptom-complex in which *cardiovascular symptoms*, *thyroid hypertrophy*, *exophthalmos*, and *tremor* are the predominating factors; these are called the cardinal symptoms of the disease. They are not always all present at the same time, nor are they all developed with the same degree of intensity; one or more of them may stand out more prominently than the others; one or more of them may be entirely absent. These cardinal symptoms are usually accompanied by a number of less important ones which considered separately seem to be of minor importance, but when grouped together acquire a strong diagnostic value.

CHAPTER XXI.

CARDIOVASCULAR SYMPTOMS.

CARDIOVASCULAR symptoms in Basedow's disease are certainly among the most important. There is no case of truly active Graves' disease without cardiovascular disturbances. The Basedow patient suffers and dies because of his heart. Cardiovascular disturbances form a clinical symptom-complex which is called the *thyrotoxic goiter-heart*, in contradistinction to the *mechanical goiter-heart* which we have described in our study of simple goiter.

The most constant and typical of the cardiovascular symptoms seen in Graves' disease is *tachycardia*. This symptom never fails. It is characterized by a long-continued rapid action of the heart. The number of heart beats varies, of course, with the condition of the patient and with external as well as with internal influences, but is always abnormally high. The pulse is persistently rapid and remains so for weeks, months and even years with more or less marked remissions which, however, are never such as to render the pulse normal. Even during sleep, if the pulse is taken gently in order not to awaken the patient, it is found high, possibly in the neighborhood of 95 or 100, but very often far more rapid. Under excitement, physical effort, or for no apparent reason at all, the number of cardiac beats may vary between wide limits; the pulse, for instance, will rise from 100 to 150, 180, and possibly 200 in a very short time. Sometimes the mere change of the patient from the lying to the standing position is sufficient to cause the pulse to increase materially. Tachycardia varies, of course, during the development of the disease, being at times more accelerated than at others. Sometimes morning and evening remissions are seen.

Differential Diagnosis of Thyrotoxic Tachycardia.—It can be truthfully said that tachycardia is a specific symptom of Graves' disease, and may even be considered as pathognomonic of that condition. To be sure, a rapid heart action often accompanies the so-called *neuroses*.

Since patients suffering from Graves' disease usually show more or less marked nervous disturbances, one might be tempted at first to consider their tachycardia as caused by a neurosis, but time and repeated examinations will show the difference between a merely excited pulse and that of Graves' disease. A persistent, high pulse-rate while the patient is at rest in bed is rare in pure neurosis, and must be regarded as highly suspicious of thyrotoxicosis. Those who are only nervous will show

great variations in their well-being; they will ere long calm down and their pulse-rate will fall accordingly, whereas the Graves' pulse, even if it shows some variations, does not calm down in the same proportion as does the nervous one. Furthermore, the simply nervous pulse becomes almost normal during sleep. As Thomson says, "The Graves' pulse runs as fast or faster than in fever, by day and by night, and always in sleep, with less change at each counting over long periods than in any other complaint."

Tachycardia due to *inflammatory or organic changes* in the heart itself can be easily eliminated, since in Graves' disease the heart is, as a rule, functionally but not organically deranged. It is true, as we shall see later on, that often murmurs are detected over the orifices of the heart, but these murmurs are mostly functional and not organic.

A quick pulse may be noticed in *anemic and debilitated patients*: but in such conditions the pulse varies in rapidity mostly with physical exertion, and as soon as the patient has enjoyed rest his pulse-rate falls accordingly. The rapid pulse seen in all fevers and Bright's disease may be eliminated very easily if one takes the trouble to examine the patient. The quick pulse resulting from the abusive use of tea, coffee, tobacco, etc., will soon be given its real significance after a little observation.

Tachycardia in thyrotoxicosis cannot and should not be mistaken for *paroxystic tachycardia*, which is a striking entity by itself. As its name indicates, that form of tachycardia comes on by paroxysms with the utmost violence. For no apparent reason and during a period of absolute welfare, the patient suddenly feels his heart bounding in his chest, the pulse rising to 180 to 200 beats; the entire cardiac area trembles, yet neither anxiety nor pain is present, and scarcely any dyspnea. I have seen a case in which cyanosis was very marked. This spell may last from fifteen to twenty minutes, or a few hours, and with the same suddenness with which it began, the paroxysm ceases abruptly, and the pulse becomes normal again. Weeks or months may elapse before another spell comes on. Sometimes, however, these paroxysms may occur at much more frequent intervals and may be of longer duration; they may even last for days. Under such conditions the prognosis becomes dubious; organic changes take place in the heart, the cardiac lesions become uncompensated and terminate by complete cardiac disarray. Little is known about the etiology of the paroxystic tachycardia. Having noticed that this paroxystic tachycardia is sometimes accompanied by some other thyrotoxic symptoms, and thinking that between paroxystic tachycardia and disturbances of the genital apparatus, such as menstruation, menopause, etc., there was a direct relation, M. E. Savini thought that paroxystic tachycardia could be caused by an over-

function of the thyroid, producing in turn an ovarian or testicular insufficiency. Hence his advice to use ovarian extract for women and testicular extract for men. In his experience the treatment proved to be successful. If thyroid extract was given the condition got worse, thus showing that paroxystic tachycardia might still be regarded as a symptom of hyperthyroidism. In my case, however, where the thyrotoxic symptoms were manifestly present, thyroidectomy failed to have any effect on the paroxystic tachycardia. That condition showed a progressive course and terminated in death two years later.

During the present war a number of cases of paroxystic tachycardia have been observed in soldiers after prolonged fatigue. It was found that if a soldier should swallow a large mouthful of firm foodstuff, as bread, meat, etc., and if this was done at the beginning of the spell, the paroxystic tachycardia would stop at once. The mouthful of bread should be large enough to oblige the patient to make strong efforts at deglutition. The idea is to excite the vagus nerve so as to counteract the action of the sympathetic.

After all causes of rapid heart action have been eliminated, one is then obliged to fall back upon tachycardia of thyrotoxic origin. This tachycardia is peculiar on account of its striking persistence, and may be considered as a pathognomonic symptom. No other form of tachycardia compares with it for long continuance.

The *intensity of the heart action* is, as a rule, increased. The heart is felt bounding in the chest; the entire thoracic region may be shaken by the intensity of the cardiac beat. Sometimes the cardiac impulse is so intense that the entire body is shaken synchronously with the heart-beat, especially when the patient lies quietly, or is in a sitting posture. In the latter position this is most evident in women, especially when wearing hats with feathers on them, the feathers then serving as an index. In such instances one can count the pulse, although at some distance from the patient. Murray and others claim to have heard the heart beat at a distance of 3 or 4 feet from the patient's chest.

Etiological Explanation of Tachycardia.—Tachycardia is the result of an increased susceptibility of the acceleratory as well as of the inhibitory system of the heart, and of the diminished tonus of the peripheral vascular system, thus causing a vasodilatation. Inasmuch as irritation of the depressor nerve causes a marked dilatation of the bloodvessels of the thyroid, and since in turn the thyroid secretion, as shown by Asher and Flack, acts as an excitant of the same depressor nerve, we have here a vicious circle: the increased blood supply increases the thyroid function, and the increased thyroid function increases the blood supply through the action of the depressor nerve and influences the acceleratory as well as the inhibitory system.

Palpitation.—Palpitation is one of the most distressing symptoms experienced by the patient. Not infrequently it is the only symptom which drives the patient to seek medical aid. Palpitation is a symptom quite different from tachycardia, and should not be confused with it. No normal individual is conscious of his cardiac action; as soon, however, as he becomes aware of it, in other words, as soon as he feels that he has a heart, we say that he is suffering from palpitation: he is becoming conscious of his tachycardia. It would be erroneous to believe that the symptom, palpitation, is in direct relation to the degree of tachycardia. A marked degree of tachycardia as in fever, for instance, may be present, yet the patient is not conscious of it as a rule; he does not complain of palpitation, whereas in other conditions where possibly a very moderate degree of tachycardia is present, the patient may be very greatly distressed by palpitation. He feels his heart bounding in his chest, beating irregularly and then rapidly, all in turns, and all without the slightest apparent cause. To be sure this condition is made worse by excitement, physical exertion, intoxication, etc. Palpitation comes on mostly by spells and is especially frequent at night; it banishes sleep, and keeps the patient greatly distressed. Sometimes palpitation is dependent upon the position occupied by the patient in bed. For some patients it becomes more accentuated when lying on the left side, and more rarely so when lying on the back.

Palpitation and tachycardia may sometimes be accompanied by pain in the cardiac region which resembles very much the pain seen in *angina pectoris*; even loss of consciousness may occur. Ordinarily such spells, even when not accompanied by loss of consciousness, leave the patient in a state of complete prostration.

Thyrotoxic Heart.—In mild forms of Graves' disease the physical examination of the cardiac apparatus does not reveal any important pathological conditions. In fact, in the great majority of these cases this physical examination is negative. However, this is no longer true in advanced cases of hyperthyroidism. There the findings revealed by inspection, palpation, percussion, auscultation, and x -rays may be quite marked.

Inspection shows that over the entire cardiac area the heart beats are transmitted more or less violently to the anterior wall of the chest; sometimes the entire thorax is shaken synchronously with the cardiac contractions.

Palpation of the heart shows the presence of a *thrill* over the cardiac area. It shows, too, that the apex beat in Graves' disease is usually forcible, sudden, bounding and rather diffuse, and a beat can be felt farther to the left without there being necessarily an increase in the actual cardiac outlines.

Percussion shows that the cardiac area may be greatly enlarged; in some instances the volume of the heart may attain very large dimensions as is confirmed by the x -rays. The increased volume of the heart is caused chiefly by dilatation which may affect both chambers and auricles, but seems to predominate over the left heart. Of course a certain amount of concomitant hypertrophy may be present at the same time. Cardiac dilatation is not permanent, but retrocedes in direct proportion to the improvement of the patient's condition. This can be confirmed by repeated clinical as well as by skiagraphic examinations.

Auscultation often reveals the presence of a *murmur* which is mostly localized over the base of the heart and from there irradiates toward the other orifices. Its maximum of intensity is found generally over the pulmonary valve, and is systolic in character. Not infrequently such murmurs are so intense that they may be felt with the hand over the cardiac area; they then form what is known as a *thrill*. These murmurs, when very marked, may at first give the impression that severe cardiac lesions are present, yet their localization at the base of the heart, and the rapidity with which they disappear, or at least ameliorate as the patient's condition improves, show that we have to deal not with organic, but with functional disturbances of the valvules. They seem to be mostly dependent upon the dilatation of the cardiac chambers, causing in turn an insufficiency of the cardiac valves. To be sure, organic cardiac disturbances may be present, but these cases are in the minority. Even a systolic murmur at the mitral valve accompanied by an accentuation of the second pulmonary tone does not necessarily mean that we have to deal with a mitral insufficiency.

X-rays are a very valuable adjunct in estimating the volume of the heart; they are far superior to any other means.

In Basedow's disease the cardiac fibers seem to be particularly weak and easily exhausted. The thyrotoxic poison, whatever it is, seems to have a special affinity for the cardiac muscular elements. This may possibly explain the cardiac dilatation so often met with in Graves' disease. That in the majority of the cases we have to deal with a dilatation, instead of a cardiac hypertrophy, is shown by the fact that after an operation, or after the process has been healed by some medical means, the limits of the heart have a tendency to return to normal. In some instances the cardiac dilatation may become acutely marked in a short time; it is then accompanied not only by murmurs over the entire cardiac area, but also by tricuspid insufficiency, venous pulse, congestion of the liver, spleen, kidneys, edema of the limbs, ascites, etc. It follows from Puesch's researches, that in Basedow's disease, although the work of the heart *in toto* is manifestly increased, the systolic cardiac output is lower than in normal conditions. This latter fact might

explain, too, the mode of origin of cardiac dilatation. Indeed, the muscular fibers being under the influence of the thyrotoxic poisons on the one hand, and the systolic output of blood being diminished on the other hand, it becomes impossible for the heart to expel from its chambers the amount of blood which has flowed into it, hence *dilatation*. To be sure, a certain amount of hypertrophy nearly always accompanies dilatation, yet this is not always the case, as instances are seen where before death an increased volume of the heart is present, and where after death postmortem reveals a small, contracted heart. These cases of cardiac dilatation without some degree of concomitant hypertrophy, in other words, the cases of non-compensated dilatation have a very bad prognosis. Hypertrophy, when present, involves mostly the left ventricle; however, all the other chambers participate in a lesser degree with that hypertrophy.

Even in cases of marked arrhythmia and other cardiac disturbances, the microscopic examination has failed in the great majority of cases to reveal any microscopic lesions. At the most, fatty degeneration and brown atrophy have been found.

Thyrotoxic Pulse.—Sphygmographic curves of the Graves' pulse show that it has all the characteristics of the *pulsus celer*. It is, as a rule, of smaller volume, soft, and often dicrotic. Like the other symptoms, this pulse-rate varies with the exacerbations of the disease, with physical exertion, mental excitement, or with or without any apparent reason at all. Its rhythm, as a rule, is dependent upon the cardiac rhythm, yet this is not always true, because if one auscultates the heart while taking the pulse, he may find an irregular pulse, while the heart action on the whole is regular though rapid. This only means that the cardiac muscle is incapable of transmitting each impulse to the periphery. Why? Is it purely on account of muscular weakness? Possibly so in some instances, but not always. This pulse arrhythmia may be due to extrasystoles, as is shown by electrocardiograms. According to Herring, these extrasystoles are caused by an irregular cardiomuscular impulse determined by some disturbances in the cardiac nervous system. There can be no doubt that in a great many instances the pulse irregularities are of nervous origin. In Basedow's patients these irregularities are so often dependent upon the nervous, psychic condition of the patient and they follow so closely their fluctuations, that it is impossible not to recognize an etiological relation between them and these irregularities. This is so true that one can find great variations in the pulse-rate of a Basedow patient inside of a very few minutes. I have not infrequently seen a pulse-rate fall from 125 to 90 while taking the pulse and drawing the patient's attention to something else. In some patients the pulse-rate varies with each respiration. A nervous origin, however, cannot be

ascribed to the *pulsus irregularis perpetuus*. It is of cardiac origin and caused by myocarditis.

At any rate, be it what it may, a constant cardiac arrhythmia is of bad prognosis; it shows that the strength of the heart is reduced, and since in Basedow's disease the heart is the organ mostly endangered, we must consider arrhythmia, when present, as a very important prognostic symptom; it shows that the cardiac mechanism is out of gear and nearing exhaustion. It does not necessarily follow that cardiac muscular weakness and insufficiency must always be accompanied by arrhythmia. One would indeed meet with disappointment if he should regard a heart as strong and safe because it beats regularly. Once in a great while, one will venture into a surgical operation and be absolutely deceived as to the real value of the cardiac muscle; the heart is regarded as capable of standing the surgical strain, and yet, when the time comes, there is not even a show of a fight; the heart simply quits. On the other hand, a slight degree of arrhythmia is not an absolute contra-indication to operation. Nothing is, indeed, more difficult to judge than the strength of the heart. We must consequently grasp every information we can get in order to draw safe conclusions. Therefore we must consider cardiac arrhythmia, even slight, as a very good *warning symptom*: it would be unpardonable not to give it its due consideration.

Test of Functional Capacity of the Heart.—For more than four years I have applied the *Katzenstein test* with great satisfaction. This test is as follows: Both femoral arteries are firmly compressed with the fingers below Poupart's ligament until pulsations are suppressed. The blood-pressure and pulse-rate are recorded before, and again, after pressure on the arteries has been applied from two to three minutes. With a sound heart the blood-pressure is found higher afterward, and the pulse slower. If the blood-pressure and the pulse have not changed, this shows that the heart is not quite normal, but not actually incompetent. If blood-pressure remains the same, but the pulse increases, this shows a higher degree of insufficiency. If the blood-pressure is found lower and the pulse-rate higher, this warns us of severe functional cardiac disturbances. Their severity is in proportion to the extent of the drop in the blood-pressure and of the increase in the pulse beat. When the test shows marked functional insufficiency, Katzenstein advises against any operation, unless the indications are vital, and then only under local anesthesia. I have found the Katzenstein test very accurate and valuable. Every time cardiac postoperative complications occurred, the Katzenstein test made before had been positive.

Blood-pressure is, as a rule, of medium strength and varies between 100 and 150. A high blood-pressure is unusual.

CHAPTER XXII.

BASEDOW STRUMA.

THE enlargement of the thyroid gland in Basedow's disease is another of the most important cardinal symptoms; it is the one which in true exophthalmic goiter seldom fails. This is so true that Kocher has said, "No goiter, no Basedow's disease." Such a dogmatic statement suffers exceptions, however, since in certain cases even the most expert is unable clinically to determine with certainty whether there is an enlargement of the thyroid gland or not, yet at the operation, one is almost always astonished to find the gland larger than normally. As a general principle, it may be said that whenever the thyrotoxic clinical complex is present, there is always at some stage or another during the course of the disease hyperplasia of the thyroid. This hyperplasia may not be detectable clinically, but is present microscopically, as we shall see later on when studying the pathology of the thyrotoxic gland. In cases in which hyperplasia of the thyroid is apparently absent, if a careful retrospective history is taken, one will find, as a rule, that there has been thyroid enlargement at one time or another. It must not be forgotten that thyroid enlargement is liable to undergo great fluctuations, that it may be more marked at times than at others, that it may even show up only quite a long time after the other thyrotoxic symptoms have appeared. I can recall a few cases in which the thyroid enlargement became detectable clinically only months after the other symptoms of Graves' disease were well established.

At any rate one thing is certain: *the volume of the thyroid is not at all proportionate to the severity of the disease.* It is not the largest goiter that causes the most symptoms; sometimes most severe cases of Graves' disease are seen where very little, or no apparent enlargement of the thyroid gland is present, whereas large goiters are often accompanied by little, or no thyrotoxic symptoms.

Thyrotoxicosis may develop in patients whose thyroid gland has been previously normal, or in ones previously affected with goiter, whatever it may be, colloid, cystic, or malignant. In the first cases, the exophthalmic goiter is called *primary*: in the second case it is called *secondary* or *Basedowified goiter*.

The exact distinction between primary and secondary, or Basedowified goiter, is in certain cases difficult, and sometimes even impossible. Of course, in a great many instances, the distinction is easy. Take,

for instance, a young, nervous, woman, who never had anything the matter with her neck, and who after emotion, worry, overwork, or some acute infection, develops a rapid heart action, palpitation, tremor, insomnia, exophthalmos with Graefe, Stellwag and Moebius symptoms, and who at the same time shows an enlargement of the thyroid with vascular symptoms developed in it. Here no one would hesitate; this is a *primary thyrotoxic goiter*, because the enlargement in this case has occurred in a gland which was previously absolutely normal. Take, on the other hand, another patient who has had for many years a cystic or colloid goiter which never caused very much trouble, except possibly some pressure symptoms. Suddenly or gradually, with or without any apparent cause, this patient becomes nervous, complains of palpitation, tremor, shows exophthalmos, and in short, exhibits a train of symptoms which are unmistakably thyrotoxic. This is a *secondary thyrotoxic goiter* because previous to this condition the patient has had for years a harmless goiter. This simple goiter has become a *Basedowified one*. These distinctions, however, are not always so simple. There are cases, indeed, of secondary exophthalmic goiter in which the thyroid gland has become of such a thyrotoxic type, that unless the case has been seen previously, it is no longer possible to say offhand whether the case is primary or secondary. The physician will then have to rely entirely upon the history of the case.

One may think the distinction between these two forms of goiter devoid of interest. Therein lies a mistake, for the distinction between the primary and the secondary, or Basedowified goiter, is of great clinical and prognostic value. A Basedowified goiter will respond to surgical treatment far more readily and safely than a primary one.

The *volume* of the thyrotoxic goiter is exceedingly variable. In the primary form the hyperplasia is diffuse and involves both lobes, the isthmus, and the pyramidal process. It is true that one lobe may be affected more than the other. In that case the larger lobe will rarely exceed twice the size of a goose egg, and the right lobe will be more often involved than the left. In the secondary form, or Basedowified goiter, the goiter may have all kinds of dimensions: the volume in this form depends upon the size of the preëxisting, non-toxic goiter, whether it be colloid or cystic, and to it, of course, we must add the thyrotoxic hyperplasia and hypertrophy of the remaining normal parenchyma of the gland.

The *consistency* of the thyrotoxic goiter depends largely upon the variety of goiter with which we have to deal, and with the stage of the disease. In the early beginning of the primary form and sometimes in the regressing period of the disease the gland is mostly soft, but as soon as thyrotoxicosis is well established the goiter becomes firm and

elastic, while in advanced conditions it becomes of much harder consistency. In the last stage where the gland has become exhausted and is undergoing a cirrhosis, it is truly hard. In the Basedowified goiter, of course, the consistency will depend upon the nature of the preëxisting goiter; the gland, however, will show more firmness to the touch than during the non-toxic period.

Pressure over the thyrotoxic goiter, especially in the early stage of its development, is painful; this is a very good diagnostic point.

The *surface* of the primary thyrotoxic goiter is finely granular. This sensation is given by the distended alveoli bulging under the capsule of the thyroid gland. In the secondary form the surface is nearly always nodular and depends upon the surface and form of the preëxisting goiter.

The true primary exophthalmic goiter very seldom causes marked *dyspneic symptoms*, since its size is not great enough to cause compression of the trachea. Pressure symptoms, however, may occur when the lobes extend posteriorly and inwardly so as to form a circular goiter around the trachea. In the great majority of cases the shortness of breath which is often complained of by Basedow patients is mostly of nervous and cardiac origin. In the Basedowified form of exophthalmic goiter, of course, the shortness of breath is more apt to be of mechanical origin, being caused by the size of the goiter itself. Vascular symptoms play their part, too, since they increase the size of the goiter and thus increase the pressure.

More than the normal thyroid, the thyrotoxic goiter is apt to be influenced by the various physiological processes of the organism such as menstruation, pregnancy, etc. The goiter reacts then by a more or less marked temporary enlargement which retrocedes as soon as the process is over. Hence the complaint is often heard that the neck gets larger at each menstruation, pregnancy, etc. Psychic disturbances such as anger, fright, etc., have the same effect. At such times the vascular symptoms of the thyroid may become so marked that the subjective symptoms such as shortness of breath, sensation of constriction in the neck, etc., are more evident.

Vascular Symptoms of the Thyroid.—The exophthalmic form of goiter is above all a *vascular* goiter. This feature has been observed by everyone who has had experience with Graves' disease. Vascular symptoms are of great diagnostic value. They consist chiefly of:

1. *Pulsation of the thyroid.*
2. *Thrill.*
3. *Murmurs.*

These symptoms may be seen, of course, in the non-toxic vascular goiter, but the latter type will not be mistaken for a thyrotoxic goiter,

since no symptoms of thyrotoxicosis will accompany it. If they do, it is no longer a simple vascular goiter, but a thyrotoxic vascular goiter. It goes without saying that the simple vascular goiter may become thyrotoxic, as shown by A. Kocher. In the few really vascular goiters which I have seen, the vascular symptoms were all that I could detect. The patients had none of the thyrotoxic symptoms found in Graves' disease. Vascular symptoms may be found, too, in simple goiter. Here, however, an examination made with care will reveal that this simple goiter is undergoing thyrotoxic changes. In other words, it is becoming a secondary exophthalmic or Basedowified goiter. The vascular symptoms, consequently, retain a great diagnostic significance. They are, of course, not always present, and when present, may vary in intensity.

Simple inspection will reveal an intense *pulsation* of the entire gland and of the whole cervical region; the carotids beat violently and the thyroid is the site of a marked pulsation. In severe cases it is not infrequent actually to see the enlarged and tortuous branches of the superior thyroid artery beating under the skin. The gland in certain cases can be compared to a vascular sponge which can be squeezed at will, and by so doing, reduced considerably in size.

The vascular thyrotoxic goiter expands like an aneurysm. This *expansive pulsation* must not be mistaken for the *transmitted one*. Indeed, sometimes one may think that he has to deal with an expansive pulsation, when the gland is only displaced *en masse*, forward and backward, by the violent carotid beats. The pulsation of the thyroid gland is then only a transmitted one. The best way to determine whether pulsation is expansive or transmitted is to grasp the whole gland in the palm of the hand and to exert a moderate compression. The gland will then be felt expanding as in an aneurysm. If no expansion is felt, the pulsation is then a transmitted one.

Very often, especially in thin patients, a *venous pulse* is present; it is soft and is not synchronous with the cardiac pulse. It occurs mostly in the median and jugular veins. This venous pulse is nearly always negative. In rare cases, however, it may be positive and is then directly transmitted from the heart on account of the insufficiency of the tricuspid valve. It has been said that a positive venous pulse may be caused by a direct transmission of the arterial beat through the thin walls of the venous trunks.

Palpation with the thumb over the thyroid gland and especially over its vascular poles will reveal the presence of a *thrill*, while auscultation over the same regions will reveal the presence of *murmurs*. These murmurs vary in intensity and are more or less musical in character, and as a rule, systolic; rarely, they are continuous and when they are so, they show an exacerbation of tone during the systole. These murmurs may

be heard all over the gland but acquire their maximum of intensity at the vascular poles of the thyroid, especially the superior ones, while often they are heard only there. If they are not so easily heard over the inferior thyroids, it is because these vessels lie deep, whereas the superior ones are more superficial. If an ima artery is present, the systolic murmur will be heard over it also. These murmurs may be heard over the large veins in the supraclavicular regions; they are then continuous and resemble the "bruit-de-none."

The bloodvessels in thyrotoxic goiter are exceedingly thin and friable. This condition will explain, partly at least, why operations for exophthalmic goiter are usually more bloody than operations for simple goiter. This, however, is not the only reason, because we shall see that the blood of Basedow patients contains an increased amount of anti-thrombin, and for this reason its coagulability is diminished.

PATHOLOGY AND HISTOLOGY OF THYROTOXIC GOITER.

Although Lubarsch and Marchand, in 1896, and Askanazy, in 1898, recognized some of the microscopic peculiarities of thyrotoxic goiter, it is really to A. Kocher and to L. B. Wilson that we owe our knowledge, not only of the pathological changes in the thyroid, but also of their real significance. They have brought this question to its real focus; and it is they who have established the true relation between the clinical symptoms and the pathological findings.

The thyrotoxic gland when seen *in situ*, as during operation, is often surrounded by a layer, more or less thick, of loose connective tissue, which renders it adherent to the neighboring tissues, especially the windpipe and the carotid sheath. The condition resembles that one seen after treatment with the x -rays, or the one which follows a mild degree of thyroiditis. This production of the connective tissue is most likely due to a chronic irritation caused by the thyrotoxin, and has been regarded by some as proof in favor of the infectious origin of Graves' disease.

On the cut surface the primary, thyrotoxic goiter is dry, gray, or yellowish gray, and exudes very little or no secretion at all. The most interesting features, however, are the microscopic ones. These peculiarities may be summarized in the following manner:

1. The alveoli are increased in size and number and this increase is in proportion to the severity of the disease. They have lost their round or oval shape and have become irregular and polyform (Fig. 63). This irregularity is intended to increase the lining capacity of the alveoli in order to accommodate the increased number of epithelial cells.

2. In normal alveoli the epithelium lining their walls is low cuboidal. In thyrotoxic conditions the epithelium becomes cubic, highly cylin-

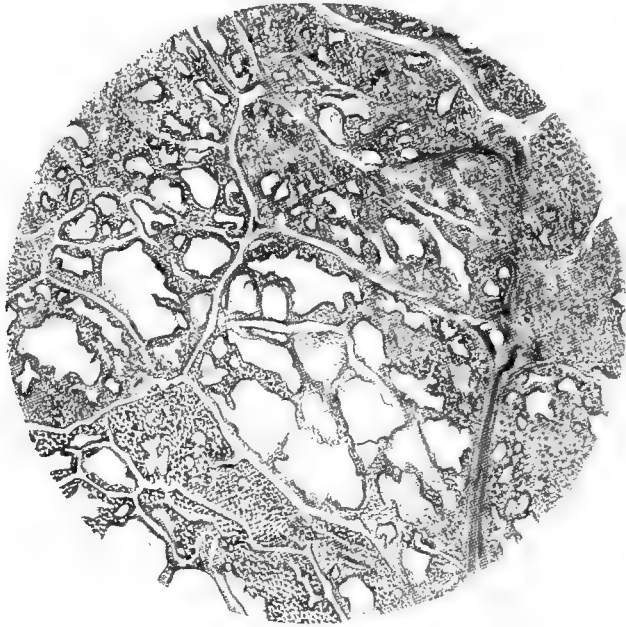


FIG. 63.—Thyrotoxic goiter. Note the polyhedral form of the alveoli.



FIG. 64.—Thyrotoxic parenchymatous goiter and high cylindrical epithelium forming two layers in places. No colloid in the alveoli. $\times 280$.

drical (Fig. 64), affects the columnar type, and increases, not only in size, but also in number. Sometimes cellular hypertrophy and hyper-

PLATE VIII



Leukocytic Infiltration with Germinal Centers in a Thyrotoxic
Parenchymatous Goiter. $\times 46$.

plasia are so marked that the epithelium can no longer line the walls of the alveoli in one continuous layer, but is then forced to bulge out and give rise to papillary formations in order to make room for every cellular element. Even this may not be sufficient since proliferation may be so marked that the epithelium has to dispose itself in two or three layers, one lying on top of the other; sometimes the alveoli are entirely filled with epithelium only. In some instances proliferation may be so intense that the epithelial cells do not even attempt to shape themselves into alveoli; they lie without order, thus giving rise to microscopic pictures very similar to those of malignant adenoma. The protoplasm of the thyrotoxic cells is clearer than the normal ones; their nuclei are basal and, as a rule, are not very much larger than the normal. As shown by McCallum, mitosis is quite frequent, a sign which must mean an increased glandular activity. Very often a number of desquamated cells undergoing cytolysis are found floating loosely in the lumen of the alveoli. This desquamation and cytolysis are always of ill omen, so far as prognosis is concerned.

3. In normal thyroids as well as in simple goiters the colloid is thick and stains readily. In thyrotoxic goiters the colloid is thin and takes the stain with difficulty, or not at all. Ischenschmid has shown that this fluid colloid takes the stain differently from the normal colloid. It becomes eosin-red with the Haemalaun-eosin stain, whereas the thick colloid found in simple goiters or normal thyroids becomes blue or red. This may be regarded as a good proof that this colloid is chemically different from the normal one. It thus becomes easy to understand, too, that colloid in thyrotoxic goiters, being far more fluid and thin than the normal, will be that much more readily absorbable.

4. In simple colloid goiters small foci of leukocytes are sometimes found here and there throughout the stroma of the gland; in normal thyroids nothing of the kind is seen. In Graves' disease, on the contrary, they are very frequent and numerous; these leukocytic foci recall the formation of a lymph node. Not infrequently they have a clear, plain germinal center. (Plate VIII.) The significance of these leukocytes is not clear. They are considered by some as belonging to the status lymphaticus, and by some others as a proof of a chronic irritation by the thyrotoxin, and would be, in other words, the equivalent of a chronic thyroiditis.

Now comes the important question: Are the microscopic changes found in thyrotoxic goiter constant, and specific of the disease? I do not think that I could do better than to quote verbatim, L. B. Wilson: "By assuming that the symptoms of true exophthalmic goiter are the results of an excretion from the thyroid, and by attempting to determine the amount of such excretion from pathological data, one is able

to estimate in a large series of cases the clinical changes of the disease with about 80 per cent. of accuracy, and the clinical severity of the disease with about 75 per cent. of accuracy. It would therefore appear that the relationship of primary hypertrophy and hyperplasia of the parenchyma of the thyroid to true exophthalmic goiter is as direct and as constant as a primary inflammation of the kidney to the symptoms of Bright's disease. Any considerable findings to the contrary I believe to indicate either inaccurate or incomplete observations on the part of the pathologist or clinician, or both."

I can but subscribe to this statement. In the great majority of my cases I was able to determine quite accurately the severity of the disease by simply looking at the slides, being careful not to know beforehand from what patient they came. In a certain number of cases I was surprised not to find the characteristic changes, or not to find them in proportion to the severity of the disease. If new sections, however, were made of different portions of the excised gland, then the characteristic pathological changes could be found in places, thus supporting fully Kocher's statement that thyrotoxic hyperplasia may be localized to circumscribed areas. These Basedow islands may be either the beginning of microscopic changes which are going to involve the whole gland, or they may be the remainder of a regressive process which is going to transform the thyrotoxic goiter into a colloid goiter. We must always bear in mind that in the natural course of things, if the patient lives long enough, the thyrotoxic goiter is destined to become a colloid one. Inasmuch as during the thyrotoxic stage, the gland is burning itself up, if the process lasts long enough, exhaustion is bound to come. The gland enters the regressive period; connective tissue gradually invades and takes the place of the noble elements, and what remains of the alveoli becomes colloid in type. These two processes, namely colloid regression and cirrhosis of the gland, are bound to depreciate and diminish the secreting power of the gland, hence hypothyroidism; hence myxedema. We may, consequently, say that a Basedow patient, if he is not killed meanwhile by his thyrotoxicosis, is logically destined to become myxedematous, provided, of course, the toxic process lasts long enough.

In the secondary or Basedowified goiter, the same pathological findings characteristic of Graves' disease will be found. They will be most developed at the periphery of the gland and at the vascular poles.

It is true that sometimes in young individuals, and especially at the time of puberty, hyperplastic islands similar to those seen in thyrotoxicosis, will be found spread throughout the normal parenchyma. They may, of course, have a thyrotoxic signification; it is not, however, always necessarily so, because they may be interpreted as some non-toxic proliferation of the thyroid.

CHAPTER XXIII.

OCULAR SYMPTOMS.

THE ocular symptoms, especially exophthalmos, have always been among the most striking features of Graves' disease; they are the symptoms which from the earliest times have struck the attention not only of the medical profession, but also of the laity. They are the features, too, from which the disease has taken its distinguishing names: as, for example, *exophthalmic goiter*, *Glotzaugenkrankheit*, *Morbo esoftalmico*, etc., just as if the ocular pathology alone seemed to constitute the whole disease. By ocular symptoms we refer to a group of symptoms, some involving the globus oculi itself, some others the eyelids, and again others taking their origin in a distorted coördination of the orbital musculature. These symptoms are *exophthalmos* and the *Dallrymple*, *Graefe*, *Stellwag*, *Kocher*, and *Moebius* symptoms.

Exophthalmos.—Exophthalmos, though one of the cardinal symptoms of Graves' disease, yet is not so constant as some of the other clinical symptoms. Usually it appears when once the disease is already established; exceptionally, however, it may appear at the onset of the disease as the first manifestation. Sometimes it never shows up at all. Unlike the other symptoms seen in thyrotoxicosis, exophthalmos is very much less subject to fluctuations. Even when all the other thyrotoxic symptoms undergo material improvement, exophthalmos may show little or no change. It is the most stubborn and the most discouraging of all the features of Graves' disease. Even years after everything else has almost entirely subsided, exophthalmos still remains as the living witness of the past thyroid pathology.

Exophthalmos is best seen in profile, although in ordinary cases, the front view will reveal the conditions just as well. It takes place directly forward, following the axis of the orbita. Exophthalmos, as a rule, affects both eyes. It may be more marked in one eye than in the other and in the rarer cases, it may be purely and primarily *unilateral* (Fig. 65).

Unilateral Exophthalmos, however, is not such a rarity after all. Sattler was able to find 109 cases in the literature. In 46 cases the exophthalmos was on the right side; in 40 cases it was on the left, while in the remaining 23 cases the side was not given. Furthermore, Sattler

found that in 43 cases of unilateral exophthalmos, 17 times the exophthalmos was on the same side on which the thyroid hyperplasia was most developed, 14 times on the right side, and 3 times on the left side, while in 6 cases the unilateral exophthalmos was developed on the opposite side to the one on which the thyroid development was most marked.



FIG. 65.—Unilateral exophthalmos.



FIG. 66.—Bilateral exophthalmos.

Bilateral Exophthalmos.—A bilateral exophthalmos may become unilateral in the course of the disease, and this is especially true when an operation on the thyroid such as a ligation, or unilateral lobectomy, has been performed. When that is the case, exophthalmos, as a rule, disappears on the side corresponding to the one which has been operated on. However, this retrocession of exophthalmos is, as a rule, only temporary; the exophthalmos returns to its previous intensity.

The degree of exophthalmos is extremely variable and may fluctuate, although in less degree than the other thyrotoxic symptoms, with the period of the disease, with the physical and mental condition of the patient, or with no apparent reason whatsoever. It becomes most intensive during periods of exacerbation of the disease, and during excitement (Fig. 66). The degree of exophthalmos is not, as a rule, in proportion to the severity of the disease, since it may be extremely marked in light cases of thyrotoxicosis, and scarcely apparent in severe cases of Graves' disease. In some cases the protrusion of the eyes is so marked that the patient can no longer bring the upper eyelid into contact with the lower. They remain apart so that a portion of the eyeball is seen

through the half-closed lids, and this is especially true during sleep, because at that time no voluntary effort intervenes. Some authors, as Trousseau, Zimmerman, Rehn and Tucker, have reported cases of complete dislocation of the eyeball, and Deschamps and Perriol have described a case in which the eyeball had completely bulged out of the orbital cavity, and in which necrosis of the cornea had followed.

Not infrequently, the degree of exophthalmos is so slight that it is difficult to decide whether it is pathological or not. This is not uncommon with large, protruding eyes, yet such people may not have the slightest sign of Graves' disease. It is that much more difficult to decide whether the apparent protrusion is pathological or not, since the relations between the globus oculi and orbita vary greatly, not only with each individual, but also in the same patient when both sides are compared. It is only after comparing photographs of the patient taken before and after his thyrotoxic condition, and by taking into consideration the statements of the immediate members of his family, that judgment can be passed.

A. Kocher and Sattler undertook to establish what were the normal relations of the eyeball to the orbita, using for that study the exophthalmometer of Birsch-Hirschfeld. They found that in many cases the globus oculi would protrude more than normally, yet no one could say that exophthalmos was present. As soon, however, as there was at the same time an enlargement of the palpebral fissure, then only did exophthalmos become apparent.

In some cases auscultation over the protruding eyes has betrayed the presence of murmurs which have been interpreted by several authors as being of vascular origin. E. Herring demonstrated, however, that these murmurs heard over the eyeball were of muscular origin. They are heard only when the eyelids are shut, increase in proportion to the intensity of the occlusion of the eyelids, and disappear as soon as the muscular contraction ceases. These murmurs resemble the placental murmurs heard in pregnant women; they are also found in normal individuals. They seem to have sometimes a decided systolic character, and may then be partly in relation to the increased vascularization of the orbita.

Usually the ocular movements in Basedow patients are not materially hampered; it is, however, not so rare to find a diminution of the upward and downward amplitude of movement. This is very likely due to the fact that the eyeball, being pushed forward, has its center of rotation displaced; hence the disturbance in the ocular mechanism. Curiously enough, even marked exophthalmos causes little or no discomfort to patients. All that they may complain of is the sensation of a forward pushing of both eyes.

Eyelid Symptoms.—Under this name we understand several symptoms peculiar to Graves' disease, yet not pathognomonic and not always constant. These are the Dallrymple, Graefe, Kocher and Stellwag symptoms.

Dallrymple Symptom.—In order to be normal, the palpebral fissure must meet certain requirements (Fig. 67). In normal conditions the superior eyelid covers a small portion of the cornea, whereas, the lower eyelid reaches the edge of the cornea. In Graves' disease the angle of aperture is greatly increased; both eyelids are farther apart, leaving uncovered not only the cornea, but also a greater or smaller portion of the sclerótica. This abnormal enlargement of the palpebral fissure is called the Dallrymple symptom. This finding is entirely independent of the exophthalmos itself since it is often present, as shown by the exophthalmometer, when little or no protrusion of the eyes can be found. *Vice*

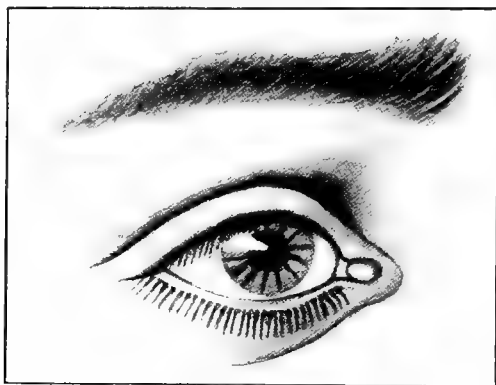


FIG. 67. —Normal eye.

versa, we may have a very marked exophthalmos with a normal, or only moderate, enlargement of the palpebral fissure. In the majority of cases, however, it is this pathologically enlarged palpebral fissure which creates the impression that we have to deal with a marked protrusion of the eyes.

Enlargement of the palpebral fissure does not necessarily mean that we have to deal with a thyrotoxic condition, since it is often found in normal individuals. We know that normally some people have very large, prominent eyes, and that some others have very small ones. This fact depends greatly upon the degree of enlargement of the palpebral fissure.

Graefe Symptom.—The head being kept immobile and looking forward and slightly upward, the patient is asked to fix his eyes upon an object, such as the finger of the examiner or a pencil moving slowly

downward. Under normal conditions the upper lid follows the downward rotation of the globus oculi until the movement is terminated. There is, consequently, coördination between these two movements, namely, between the downward rotation of the eyeball and the downward following of the upper eyelid. In Graves' disease, however, the upper eyelid indeed begins the downward movement, but does not finish it; it stops while the eyeball still continues to rotate downward. This is the Graefe symptom. It is due to a spastic retraction of the upper eyelid. In certain cases not only does the upper eyelid stop, but it even retracts suddenly upward. When the downward rotation is completed, if the eyeball is kept in that position for a time, the upper eyelid may then, too, follow and complete its downward excursion. If, however, the upper eyelid should not take its full downward course and remain retracted at a certain height, then when the globus oculi begins to rotate upward, the eyeball moves alone for a time, and only after a while does the eyelid start its upward movement. The Graefe symptom is not dependent upon the degree of exophthalmos itself, since it is found in cases where no, or little, exophthalmos is present. As with the Dallymple sign, so the Graefe symptom is sometimes the earliest indication of the disease. It may be present or more developed on one side than on the other. In some individuals it may be present, or disappear under certain given conditions. For instance, Kocher was able to detect it only when the patient was in the lying position. It may be present at times and not at others, hence the necessity of numerous attempts at searching for this symptom.

The sign of Graefe when accompanied with some other thyrotoxic symptoms becomes of great diagnostic value; it may even be considered as pathognomonic. It must be remembered, however, that in certain normal individuals, the Graefe symptom may be positive. It has been found, too, in certain diseases of the nervous system such as hysteria, neurasthenia, epilepsy, myasthenia, paralysis agitans, and bulbar paralysis of the eyes. In these cases we shall scarcely mistake one condition for the other; consequently the Graefe symptom in Basedow's disease retains its full diagnostic value.

Kocher Symptom.—While the point of a pencil, or a finger is held in front of the patient, on a horizontal plane with the line of vision, and the head is kept immobile, the patient is asked to follow with his eyes this pencil or finger point in its very sudden and abrupt *upward* movement. In normal individuals the upper eyelid will follow synchronously the upward rolling of the globus oculi. In Basedow's patients this may not be so. The upper lid may contract itself and rise slightly before the globus oculi has started its upward movement. The incoördination of these two movements is called the Kocher symptom. It may be consid-

ered as a modification of the Graefe symptom, but may be present when the latter is totally absent. Its etiological and pathological significance is the same as that of the Dallymple and Graefe symptoms.

Stellwag Symptom.—In normal individuals the winking of the eyelids occurs from three to ten times a minute. In Basedow patients the number of these winks is markedly diminished. Sometimes there is scarcely one wink taking place during a whole minute, while even two or three minutes may elapse before any sign of winking is observed. This fact known as the Stellwag symptom, was first described by C. H. Stellwag in 1869. It is quite frequent and was considered by Stellwag as of great diagnostic importance. But its diagnostic value has certainly been exaggerated because sometimes, and even in the most severe cases of Basedow's disease, it fails to be present. Indeed, in some cases the winking of the eyelids instead of being diminished, is increased in number.

Moebius Symptom.—In Basedow's disease the insufficiency of the converging power of the eye may be quite marked. The attention was called to this symptom by Moebius, hence the name. It was, however, also observed by Trousseau in 1862. The Moebius symptom is observed in the following manner: an object such as a finger or a pencil is placed at a certain distance before the patient, horizontally with the line of vision, and between the eyes. The patient is then asked to concentrate his look upon that object while it is brought nearer and nearer until convergence is necessary to see it still with both eyes. In normal individuals convergence may attain a marked degree before complaint is made, whereas in Graves' disease the convergence cannot be kept up. As soon as it has reached a certain degree, which varies with each individual, convergence ceases; one of the eyes diverges, taking at once the previous position parallel to the line of vision, while the other eye still continues to converge and look at the object. This divergence constitutes the Moebius symptom. The insufficiency of convergence is not at all in proportion to the degree of exophthalmos, since it may be extremely marked in cases where the protrusion of the eyes is only moderate. It will be easily understood, however, that a marked exophthalmos can but increase the difficulty of converging. According to Sattler, when all sources of error have been eliminated, the Moebius symptom in Graves' disease is not so frequent after all. It should be considered as of thyrotoxic origin only when the refraction of both eyes has been controlled, skiagraphically or functionally.

The Moebius symptom is explained in the following manner by Landström: when the rectus internus muscle contracts itself, it rotates the globus oculi inward, thus putting the outer portion of the Landström muscle on the stretch. Since this muscle in Basedow's disease is per-

manently and pathologically contracted, it hinders the action of the rectus internus, and renders the convergence painful, hence causing the divergence of one of the eyes.

The *pupils*, as a rule, are not affected in Graves' disease. Numerous statistics show that in a very small percentage of thyrotoxic cases, they may be either dilated, contracted, or unequal. None of these troubles, however, seems to be dependent upon the Basedow condition.

The *power of accommodation* of the eye is not disturbed either, for even in marked exophthalmos the power of vision is not altered. Intra-ocular alterations such as papillitis, optic neuritis, and optic nerve atrophy have rarely been seen.

Nystagmus is seldom found in Basedow.

Lacrymal Secretion.—There is sometimes an exaggerated production of tears which occurs without the presence of conjunctivitis, inflammation of the lacrymal ducts, or any other cause whatsoever. This exaggerated secretion of tears occurs by spells, and often during the night. Sometimes in advanced cases of Graves' disease there is a hyposecretion. These disturbances are very likely due to a neurosis of the secretory apparatus of the lachrymal ducts. They might possibly be due, too, to some alterations of the lacrymal glands themselves.

On account of the diminution of the sensibility of the cornea and conjunctiva, and on account of the protrusion of the eyeballs, and because of their diminished protection caused by the eyelid symptoms, and furthermore on account of the infrequency of the winkings of the eyelids, the eyes remain exposed more than normally to numerous injuries which in some conditions may lead to very severe ocular complications and inflammations such as conjunctivitis and keratitis. When they occur these complications are peculiarly stubborn to treatment, and the reason may possibly be because they are partly due to some trophoneurosis.

Staring Look.—Now that we have studied all the ocular and eyelid symptoms, we shall be better able to understand the peculiar *staring* and *glaring look* which is so characteristic of Graves' disease, and which possibly more than any other symptom, has always impressed the laity. The eyes in Graves' disease have a look of fixity, of great surprise, and sometimes of wild anger or terror, which has been called the "tragic stare" (Fig. 66). At the same time the eyes have always a peculiar brilliancy, a fact which has been observed since antiquity. The Germans call it the "*Glanzaugen*." A number of conditions concur to give birth to this staring and glaring look. The enlarged palpebral fissure, the exophthalmos, and the diminished winking of the eyes are the most important intervening factors. Under such conditions not only do the eyes protrude, but also a portion, more or less great, of the

sclerotica is exposed, thus leaving a white, unprotected surface. Add to this the fact that, on account of the Dallrymple symptom, the eyes are less shadowed by the eyelashes; that, on account of the Stellwag symptom, the white sclerotica and the shining cornea form a glaring surface which is seldom interrupted by the winking of the eyelids, and finally, that the increased lacrymal secretion cannot but add materially to the brilliancy of the eyes by increasing the moisture all over their surface, then all these various factors will make us understand the pathogenesis of the staring look.

Edema and Pigmentation of the Eyelids.—Once in a while, true edema of the eyelids is observed. In some instances, however, this swelling of the eyelids does not pit on pressure, and is due, according to Eppinger and Sattler, to a deposit of fat, as is shown by postmortems. It is strange, indeed, to see fatty tissue deposited there when it has disappeared from all other regions of the body. Not so rarely, the eyelids are highly pigmented, thus forming a large, brown-black circle around the eyes. In severe cases this pigmentation is very marked and may coincide with pigmentation of other organs of the body. It is one of the cutaneous manifestations in Basedow's disease, and is probably of suprarenal body origin.

Etiology of Exophthalmos.—The pathogenesis of exophthalmos is a subject which has proved of great interest, and at the same time, a great puzzle to the scientists, who from the earliest beginnings of the knowledge of Graves' disease have tried to explain its etiology. In trying to explain the cause of exophthalmos one should not forget the following facts, namely: That if exophthalmos, as a rule, develops slowly and gradually, it may nevertheless develop rapidly; it is furthermore subject to fluctuations varying with the physical and mental condition of the patient. It may subside entirely after operation, and on the same day of the operation, to reappear again a few days after. All this is said to emphasize the *liability of exophthalmos to rapid changes*. This fact being first agreed upon, then at once a number of theories which have been advanced in explanation of the etiology of exophthalmos must be discarded. *Ipsa facto* this is true of the theory which was upheld by Jeandrassik and Mendel, namely, that exophthalmos is caused by abnormal deposit of retrobulbar fat. The same is true for Cooper's and Egberg's theory which claimed that exophthalmos is due to the fatty degeneration of the recti muscles of the orbita, and for Müller's theory claiming that exophthalmos is due to a serous infiltration of the retrobulbar connective and fatty tissues of the orbita on account of vasomotor disturbances caused by thyrotoxicosis. If this edema should really exist, there would be no reason why it should not extend to the eyelids. It is true that sometimes edema of the eyelids

is found in Graves' disease, but this is far from constant. Furthermore, these different theories are not at all supported by the findings of post-mortems which have been made by a number of authors and myself. Macroscopic as well as microscopic examination of the entire orbita failed to reveal either an excess of fat, an edema, a passive congestion, or a fatty degeneration of the recti muscles. Furthermore, such theories do not permit one to understand intelligently the rapid fluctuations seen in exophthalmos. These theories do not suit. Some other explanation must be found.

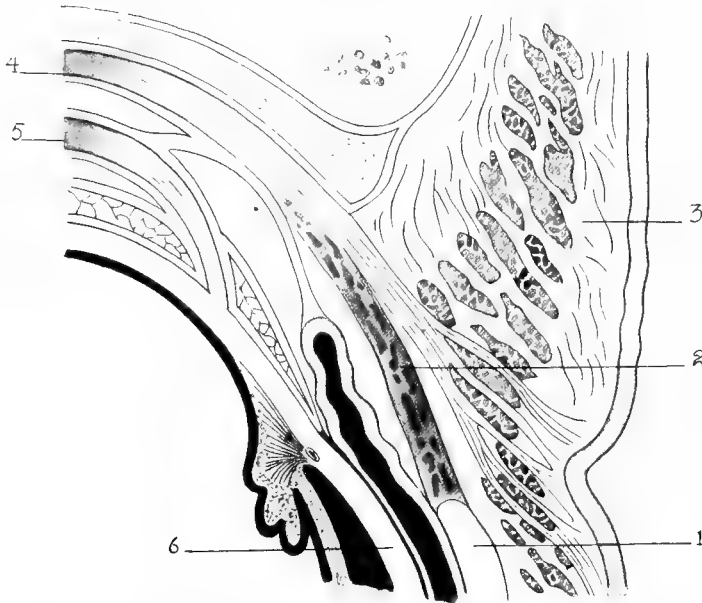


FIG. 68.—Sagittal cut through eyelid and eye: 1, tarsal cartilage; 2, Müller's muscle; 3, eyelid; 4, levator palpebrae superioris; 5, rectus muscle; 6, cornea.

In 1858 Heinrich Müller described a layer of unstriated musculature located in the inferior portion of the orbita, and in the following year he described another layer in the superior portion of the orbita; this muscle has since been known as Müller's muscle. In the upper lid it is formed by a thin layer of unstriated muscular fibers running (Fig. 68) from the terminal palpebral insertion of the musculus levator palpebrae superioris to the upper convex border of the tarsal cartilage, into which it terminates directly, or through the means of elastic fibers. This muscular layer is about 10 millimeters in length and of varying thickness. In the lower lid these unstriated muscular fibers extend from the conjunctival fornix to the border of the lower tarsal cartilage. The description of this muscle has been revised by many authors, as

Sappey, Testut, Merkel and others, and found correct. This muscle has no direct relation whatsoever to the eyeball. It is an *eyelid muscle*: it will consequently be easy to understand that this thin muscle can have no effect whatsoever upon the globus oculi, therefore any theory holding that this muscle is the cause of exophthalmos must fall. It can produce eyelid symptoms, but not exophthalmos.

Graefe, Sattler and McKenzie have thought that exophthalmos might be caused by an intense active and passive venous congestion of the orbita. As said before, postmortems failed to show any support for this theory. Furthermore, if this were true, we should expect to find this passive as well as active congestion confined, not only to the orbita itself, but also to the veins in direct communication with the orbital veins, through the nasofrontal and supra-orbital veins communicating with the ophthalmic veins. There should be, too, a venous stasis of the retina. But there are no such things.

Many authors, as Fuchs, Mannheim, Krause, A. Kocher and others, have sought to explain exophthalmos by claiming that there was a marked dilatation of all the arteries of the orbita, caused by the thyrotoxic condition, and possibly through direct stimulation of the sympathetic nerve. As Landström rightfully remarks, this theory is hardly acceptable. It is scarcely conceivable that we should have such a localized arterial dilatation so developed as to cause sometimes, not only a marked exophthalmos, but even a dislocation of the globus oculi. If such were the case, we should certainly expect to find a pulsating exophthalmos, which even in the most pronounced cases is never observed.

Landström thought that he had solved the problem when he described a new unstriped muscle. In making seriated microscopic slides of the entire content of the orbita, he demonstrated the existence of unstriped fibers taking their origin in the septum orbitale, and taking their insertion on the equator of the globus oculi. This muscle forms a shallow cone which holds the eyeball in suspension. According to this same author, since this unstriped musculature is supplied by the sympathetic nerve, the explanation of exophthalmos is a clear one. It is due, he thinks, to a constant permanent contraction of Landström's muscle on account of the permanent thyrotoxic excitation of the sympathetic nerve. Certainly this theory is one of the most satisfactory ever advanced. But, although it may explain the mild cases of exophthalmos, it nevertheless fails to give a satisfactory explanation for the cases in which protrusion of the eyes is so marked as to cause dislocation of the eyeball. Under such conditions Landström's muscle cannot be considered as an etiological factor, because, since it takes its origin on the septum orbitale and its insertion on the equator of the eyeball, it would be able to lift the eye out of the orbita only as far as

the level septum orbitale and no farther. The portion of the eye behind the equator oculi still remains in the orbita. There must consequently be some other factors which still remain to be discovered.

The problem would be solved if any musculature had been found in Tenon's capsule. This, to my knowledge, has not been demonstrated. If it were, since Tenon's capsule is indirectly attached to the septum orbitale through the fibrous expansion of the striped muscles of the orbita, it would then be easy to understand that any contraction of this membrane would throw the eyeball forward. Furthermore, there would be no difficulty in explaining any degree of exophthalmos up to dislocation of the eyeball. This, however, still remains to be demonstrated.

That the sympathetic intervenes as an active and potent factor in the production of exophthalmos there can be no doubt. Claude Bernard and many authors have shown that the excitation of the cervical portion of the sympathetic produces an enlargement of the palpebral fissure and exophthalmos. It has been said that exophthalmos is due to the mechanical irritation of the sympathetic nerve by the hyperplastic goiter. Although this might be possibly true in some cases, we must say, however, that if hyperplasia of the thyroid in itself plays a mechanical part by irritating the sympathetic nerve, this part must be a small one, and is not a constant one, since the relief afforded to the ocular symptoms by lobectomy or ligation, is, although sometimes striking and occurring as soon as the operation is performed, only temporary, as a rule. Usually, one, two, or three days after the operation, exophthalmos returns to its previous intensity. It is true that the supposedly mechanical irritant still remains *in situ* after ligation, but, even when it has been removed, as after thyroidectomy, the ocular symptoms are nevertheless still present. Furthermore, large, simple, malignant and inflammatory goiters, tumors of the cervical lymph nodes, very seldom produce any mechanical involvement of the sympathetic nerve. Why should the thyrotoxic goiter alone have that privilege? The truth of the matter is that the thyrotoxic poison acts electively upon the sympathetic system, thus acting as an irritant. The sympathetic disturbances are, however, in the great majority of cases, secondary and not primary, as some internists like to believe.

One thing still remains to be explained: Why is it, that even after all the other thyrotoxic symptoms have subsided, exophthalmos still persists for a long time, and sometimes for good? Most likely because the eyeball having been protruded for so long a time has lost its "right of domicile" in the orbita: it has acquired new relationships: connective tissue and retrobulbar fat have filled the dead space left by the eyeball when protruding, hence the difficulty or even impossibility for the globus oculi ever to return to its previous normal anatomy.

The Graefe, Kocher, and Dallyrmples symptoms are easily explained; they are due to the irritation of the sympathetic nerve which supplies Müller's muscle. As seen before, this thin layer of unstriped musculature in the upper lid extends from the termination of the levator palpebræ to the upper border of the tarsal cartilage; in the lower lid it extends from the conjunctival fornix to the tarsus. Consequently, the contraction of these two little muscles will retract both eyelids and will enlarge the palpebral fissure; it will explain, too, the cramp-like retraction of the eyelids. Possibly Sattler's explanation of the Graefe symptom may be partly true also. He claims that it is due to incoördination between the centers of the musculus levator palpebræ superioris and those commanding the up-and-down movements of the globus oculi. This theory, of course, would explain the incoördination between these two movements, but would not explain the sudden retraction which often takes place in the upper eyelid while the globus oculi is rolling downward.

It has been said that the eyelid symptoms are caused by an exaggerated tonus of the musculus levator palpebræ superioris. I fail to see why we should have an increased tonicity of this unstriped muscle alone, when we all know that in Graves' disease the striped musculature is anything but braced up: the sudden giving way of the knees is the best proof of that. In my judgment the orbicularis palpebræ does not play any part in the production of eyelid symptoms.

CHAPTER XXIV.

MUSCULAR SYMPTOMS.

AMONG the main muscular symptoms observed in Graves' disease are: *tremor*, *great muscular fatigue*, *sudden giving way of the knees*, *paresis*, and *paralysis*.

Tremor.—Already observed by Charcot, in 1863, tremor was carefully studied later by Marie, and considered by him as one of the cardinal symptoms of Graves' disease. Tremor is not always noticeable externally and patients often describe their own consciousness of tremor as an "inward trembling;" in marked cases, they are, so to speak, in continuous vibration. Tremor may be localized or general. It may be localized to the upper extremities only, being then much more marked in the hands and extended fingers; it may even be more developed in one side than in the other, while in rare instances, it may be, or may become unilateral. In the lower extremities it is best seen when the legs are stretched out. In rare instances, tremor extends all over the body. It may involve the tongue, too; in that case fine fibrillary contractions are seen when the patient is asked to protrude his tongue. The tremor may be observed in the lips when tightly closed. When only half-shut the eyelids may show some tremor which may become more accentuated when the eyelids are more tightly closed; this is known as the Rosenbach symptom. This symptom, however, is not pathognomonic of Graves' disease as it is often found in neurasthenia and other nervous conditions.

Tremor is perhaps one of the earliest symptoms found in Graves' disease. It may be present for months before the disease is fully developed. It is best perceived while the patient is sitting or standing with outstretched arms, and it becomes less marked in the lying posture. Tremor, just as with the other thyrotoxic symptoms, is variable in intensity, and may disappear for a certain period of time and then reappear again. According to Sattler, who went over the literature of the subject very carefully, tremor is present in 9 per cent. of all the cases of Basedow's disease.

The chief characteristic of the thyrotoxic tremor is its exceeding fineness. The oscillations are frequent and of uniform rhythm, from 7 to 10 per second; the amplitude of these oscillations is small. The fine tremor seen in Graves' disease resembles in its amplitude of excur-

sion, rhythm, and frequency the tremor which is seen in normal individuals with this difference, however, that in normal individuals the tremor is so scarcely noticeable to the naked eye that it requires the graphometer to bring it out. This has been beautifully shown by Sattler. The tremor seen in normal individuals after great shock, violent psychic emotion, is of the same character as the one seen in Graves' disease.

Tremor is not pathognomonic of Graves' disease since it is also found in various nervous diseases. The thyrotoxic tremor has a smaller amplitude than the one seen in paralysis agitans, but is faster. It is faster, too, than the senile tremor. It resembles the tremor seen in hysteria, in traumatic neurosis, and in alcoholism. Besides tremor there are sometimes observed in Graves' disease jerky, involuntary movements, especially of the head and extremities, reminding one of chorea.

Great Muscular Fatigue.—Great muscular fatigue is a frequent accompaniment of Graves' disease. Spells of fatigue, or *asthenic crises*, of very mild type, are frequently seen in normal individuals. How often do we not hear normal individuals say, "I am all in, today," or "I don't feel up to the mark!" Yet, there is no apparent cause for that state. I do not think there is an individual who is so normal, so well-balanced as to enjoy uninterrupted perfect physical, moral and intellectual equilibrium. Everyone has his ups and downs, no matter how mild they are. These spells of lassitude are, as a rule, purely physical. They come on without any apparent cause; last probably a few days and then disappear as they came without any apparent reason for them. These asthenic spells are characterized by a more or less complete reluctance to physical effort, the least exertion seems to tire immensely. Otherwise the individual is all right. He may possibly complain of some intellectual laziness, or of some diminution of sexual appetite, but that is all. As soon as the spell is over the individual feels all right again. These spells may recur from two to three times a year, and sometimes more frequently. Changes in the weather and in seasons are often considered as a cause of them, hence the terms "spring fever," etc.

These spells, mild and capricious in nature, are likely due to some rupture in the equilibrium existing between the glands of internal secretion. The best proof for this is that they are successfully combated with extracts from the endocrine glands, as the thyroid, pituitary body, adrenals, ovarian and testicular extracts.

These asthenic spells which we find barely sketched in normal individuals and without any pathological ground for them, we find extremely marked in Basedow patients. They may reach an extreme degree of intensity and last over periods of months, sometimes of years. This sense of extreme fatigue is not relieved by rest in bed, because in the

morning the patient rises as tired, if not more tired than he was when he went to bed. The weakness involves the entire musculature. Measured with the dynamometer, the muscular strength shows considerable diminution. In some instances physical effort has become so repugnant that the patient lies motionless in bed, even refusing to perform the most necessary movements necessitated by feeding, etc.

How can we explain this muscular hypotonus? Very likely, through some interference with the function of the suprarenal bodies. We know that their cortical cells, the *spongiocytes*, are entrusted with the duty of neutralizing the muscular toxins, and that the medullary cells, the *chromaffin cells*, produce adrenalin whose tonic action especially upon the circulatory and muscular systems is well known. On the other hand, we know, too, that the thyroid secretion is antagonistic to that of the suprarenal bodies. In hyperthyroidism this antagonistic action will be pushed to the maximum, especially if the case is complicated with thymus hyperplasia since we know, indeed, that the thymus is another antagonist of the adrenal glands. Most likely other organs of internal secretion intervene also. Consequently, if we sum up all these influences, we must expect a marked adrenal insufficiency. In fact that is just what happens. A number of postmortems of cases of Graves' disease have shown that the size of the adrenal glands was materially reduced.

Sudden Giving Way of the Knees.—One symptom which is quite often seen in Graves' disease is the sudden giving way of the knees. This occurs without any warning, without any vertigo; the patient suddenly drops as if his legs were cut away from under him. It is most likely to occur when the patient is going downstairs, or when he is in a hurry to catch a car, or in some activity of that kind. The patient often has difficulty in getting up without aid; sometimes he cannot do so at all.

Once in a while the muscular hypotonus becomes so marked as to cause true muscular *paresis and paralysis* as is shown by the paralysis of the frontal muscle; as a consequence of it the forehead does not wrinkle but remains motionless.

Muscular Cramps.—Muscular cramps occur once in a while in conjunction with Graves' disease. They are mostly localized in the calf of the leg and occur during the night. Cramps in the arms and hands, somewhat tetaniform in character, have been observed very rarely.

Tendinous Reflexes.—In the majority of true exophthalmic goiters it can be said that the tendinous reflexes are rather exaggerated. They may be, however, normal, diminished, or even non-existent.

CHAPTER XXV.

NERVOUS AND MENTAL SYMPTOMS IN BASEDOW'S DISEASE.

BROADLY speaking, more or less all of the clinical symptoms seen in Graves' disease are of nervous origin, because they are the results of the involvement of the nervous system governing the vegetative life. In *sensu strictiori*, however, there are symptoms which are more than others directly due to some disturbances of the nervous system. These are the ones which we are going to study in this chapter.

The chief nervous characteristics seen in Basedow's disease are: *emotionality, irritability, restlessness, and instability*. More severe cerebral disturbances may also be observed such as obsessions, impulses, hallucinations, and mental confusion. True insanity may even be encountered.

Basedow patients are, above all, *emotional*. The slightest cause will throw them into a wild state of excitement which goes hand in hand with an exacerbation of their physical state. As Peter has said, "Basedow patients can be compared in every respect to normal individuals subjected to great excitement." In both conditions anxiety, palpitation, tremor, secretory disturbances, such as perspiration, diarrhea, and polyuria, etc., are present. Some Basedow patients are afflicted with a pathological sensitiveness; they laugh and cry apparently without the slightest cause. Some of them have fits of religious mysticism, some others show abnormal excitation of the sexual apparatus, while others live in a state of constant fear. I recall a patient who developed a marked mania for music. Although devoid of any special musical gift, whenever she heard music she would plunge herself into a semicataleptic state, recoiling within herself, with a fixed and staring look, tense, and vibrating. One would have thought that she was enjoying a paroxysm of artistic sensations. Possibly she was, yet there was always in my mind a suspicion that a great deal of it was simply affected. This fact should not diminish at all the interest in the observation, inasmuch as simulation and deceit are among the features of certain hysterical derangements. I recall another patient who developed a sudden morbid passion for cards. In conclusion it may be said that the emotionality in Graves' disease is nearly always exaggerated and consequently pathological.

Some thyrotoxic patients become exceedingly *irritable*. They may enter into the most paroxysmic fits of rage. Trousseau has said that some

Basedow patients live in a state of perpetual anger. Although possibly of quiet, nice, self-possessed disposition previous to the outbreak of the disease, these patients become difficult to handle. They quarrel with their most intimate friends, and render life miserable for the members of their families. Their love for their own relatives becomes less and less marked; they think only of themselves and become extremely and peculiarly egotistical. They require the most constant attention and even when the most devoted care is given them they complain of being neglected. Gradually their love changes into hate. This frame of mind will explain why a great number of these patients are divorced or separated women, and why some of them are simply abandoned by their husbands. Of course this is no excuse for the husband's cowardly act, but may explain it to a certain extent. Too often, I am sure, the husband does not realize that his wife's bad temper is pathological, that she should be treated as a sick woman, but rather takes it for granted that his wife has an infernal disposition, and that both will be better off separated.

The mental condition in Basedow's disease is most *restless* and *unstable*; it varies with the degree of excitation or depression in which the patient finds himself. If he is undergoing a period of excitation, his intelligence is vivid and excessively mobile. The patient will spend hours in thinking and scheming, and will translate his exaggerated mental activity into a profuse loquacity, talking about everything in the most superficial way, and jumping from one subject to another without the slightest effort: if I may be allowed to use a metaphor, he is suffering from a veritable "cerebral diarrhea." Usually the memory is good. With this exaggerated mental activity there goes hand in hand an increased physical activity. The Basedow patient is exceedingly restless, constantly moving, and changing position. He is unable to remain seated very long at a time, but goes and comes, sits and rises, and makes hasty movements—many of them involuntary and without purpose. The patient shows considerable ardor in the accomplishment of the various tasks he undertakes, but as he is mentally unstable, he seldom terminates what he starts out to do. He will tackle one job after another, but will not accomplish much; in short, he shows an incoherent activity without any definite purpose.

In other patients, on the contrary, we find mental depression; they cannot concentrate their attention upon any subject without the greatest fatigue. Their memories are weak and untrue. There is a marked intellectual laziness which prevents them from pursuing a train of ideas. At the same time there exists a more or less complete physical apathy. Since their mental faculties are depressed and their physical needs are reduced in the same proportion, these patients will lie motionless in bed, every physical effort being distasteful, even painful to them.

In conclusion we may repeat what we said in the beginning of this chapter: the nervous and mental state in exophthalmic goiter is characterized by *emotionality*, *irritability*, *restlessness*, and *instability*. These pathological features are subject to great variations; they improve as the thyrotoxicosis subsides and, *vice versa*, they become more marked as the thyrotoxic condition gets worse.

In the late stage of the disease these psychic disturbances may acquire a more serious character.

Not so infrequently the exophthalmic goiter will terminate by an *acute delirium*. This delirium resembles in every respect the one seen after intoxication with iodoform and in postoperative hyperthyroidism. In all three conditions the patient shows an extreme agitation and is delirious; he does not recognize his attendants any longer, nor the members of his family; he wants to get rid of his covers, his dressings, to get out of bed, and almost invariably, he "wants to go home." Sometimes it takes several nurses to hold him in bed. He talks constantly in a more or less incoherent manner about those things which are familiar to him, especially those of his occupation or profession. If he is a farmer, he may talk about pitching hay; if he is a lawyer, he may talk about defending a suit; if the patient is a housekeeper, about some feature of housekeeping. This delirium, however, is not systematized. It is usually accompanied by hallucinations. Then the patient speaks to people whom he sees in his delirium dreams; they may stand beside him or on his bed; they may be at the threshold of the room, or perhaps climbing over the window. Not infrequently one will gather from what the patient says that the people whom he sees want to do him harm, that they want to kill him.

This form of delirium may last for days and weeks, and usually terminates in death. That this form of delirium is in direct etiological relation to thyrotoxicosis there can be no doubt. As said before, it resembles so closely the one seen in certain forms of postoperative hyperthyroidism that its etiology must be the same.

That *hysteria* may be found in combination with Graves' disease cannot be denied. It is a complication seen more often in young women than in men, and it may develop later as a complication of Graves' disease. As a rule, however, when hysteria is present, it has existed before Basedow's disease underwent its development. That hysteria is an entity by itself is shown by the fact that it does not follow the course of Graves' disease, improving when the latter improves, and getting worse when the other undergoes exacerbations. The hysterical symptoms may follow their course, getting worse while the thyrotoxic symptoms gradually disappear.

It would be a mistake, however, to believe that the majority of Basedow patients are hysterical; this is not so. In my own experience,

I would say that the majority of patients do not show the characteristic mental accompaniments of hysteria. As Thomson says, "They look their physician straight in the face, and show no response to suggestions. They deny the symptoms which they do not have, and remain consistent in their description of the symptoms which they have, with no variation in their story for months, while they are always ready to acknowledge any improvement in their symptoms when they occur."

Neurasthenia sometimes occurs as a complication of Graves' disease; it is more frequent in men than in women. Like hysteria, it is not in direct relation to thyrotoxicosis, but seems to be a nervous disturbance *per se*.

There are, however, a number of psychoses which occur in conjunction with Graves' disease whose etiological relation is still an open question for discussion. I have in mind those transitory obsessions and impulsions which are sometimes seen in Basedow's disease. In 1871 Solbrig reported the case of a woman, who, although deeply loving her children, wanted to kill them. I have seen a similar case. It was that of a woman who felt at times an irresistible impulse to kill her child. A patient of Raymond and Serieux was afraid to cross a large public square because she thought that she was bound to be run over by a wagon. Another patient thought that she was going to die, that her heart was going to burst, or that something was going to fall upon her and crush her. Some patients have a tendency to suicide, and a patient of Plaignard constantly saw herself hanging to a window. All these obsessions, impulsions, and phobia have the peculiarity of being irresistible, or at least, of being filled with the utmost anxiety. The obsession is sometimes so intense that on the spur of it the patient will occasionally do the most extravagant things, and the most cruel thing of all is that he knows that his impulses are wrong, so that for a long time he will fight against them; hence the great moral and mental suffering which terminates only when the impulsive act, no matter how extravagant or immoral, has been accomplished. Although he knows that he acted wrongly, nevertheless, he feels a sense of relief and satisfaction, temporary at least, when the act has terminated the crisis.

Exophthalmic goiter may occur as a complication in a variety of psychoses such as in pseudosystematized delirium of degenerates, in mania, in melancholia, in maniacal states, in depressive melancholia, in delirium acutum, in paranoia, etc. *Vice versa*, psychoses may follow after Graves' disease has long been fully developed. Psychoses may occur at any period of the development of Graves' disease. Sometimes only after the thyrotoxic complex has subsided entirely do we see the development of psychoses. On the other hand, the goiter may appear years after the patient has had psychic disturbances and which have long since subsided.

We have, consequently, the right to ask ourselves the following question: Is there a true thyrotoxic insanity, or are the psychoses found in conjunction with Graves' disease purely accidental? From all the well-authenticated cases reported in the literature which I have been able to lay my hand upon, it seems to me that we cannot consider these psychoses as of thyrotoxic origin. They are only associated nervous disturbances, grafted upon a predisposed terrain. Here, too, we find the same ladened heredity, and the same psychic as well as physical stigmata found in the same psychoses complicated with Basedow's disease. That, however, Graves' disease supervening in such predisposed and unstable terrain is bound to favor the eclosion of psychoses is a fact which every one will readily admit. The reverse is true, too; thyrotoxicosis will evolve more easily and more fully in individuals whose nervous system is already in an unstable equilibrium. When I see certain young, nervous, irritable and unstable individuals, I cannot help but look upon them as future candidates for Graves' disease.

Chorea and choreiform conditions are sometimes seen in conjunction with Graves' disease. I, myself, have met with that combination two or three times. It occurs nearly always in young girls and children. There is no definite relation between the two conditions as to their onset; chorea may develop first, and then the exophthalmic goiter, or *vice versa*, or the two conditions may develop at the same time, or one of them may regress while the other remains progressive. As a rule, however, the improvement of one involves the betterment of the other. Although their association is purely accidental, there appears to be in certain instances an etiological relation.

Heredity of Graves' Disease.—That Graves' disease may be hereditary is shown by a number of examples. Österreicher reported the case of an hysterical woman who had ten children, six girls and four boys. Eight of these children developed Graves' disease. One of the daughters married and had four children; three of her daughters developed exophthalmic goiter and the fourth was hysterical. Cantilena reported the case of an hysterical woman having two children, one son and one daughter; both had exophthalmic goiter. The daughter herself had three girls, two of whom developed exophthalmic goiter. Cheadle saw four cases of exophthalmic goiter in the same family. Thyssen reported a case of a mother and daughter having exophthalmic goiter. Solbrig and Kronthal also reported a case of mother and child having exophthalmic goiter. Dejerine saw a family in which exophthalmic goiter was hereditary during four generations. I have seen three sisters afflicted with exophthalmic goiter; in another instance a mother and her daughter both had exophthalmic goiter. Similar cases are not so rare. It is not so infrequent to see Graves' disease develop in patients whose nervous heredity is heavy.

CHAPTER XXVI.

DIGESTIVE DISTURBANCES.

DIGESTIVE disturbances are very frequent in Graves' disease, and their importance is not to be belittled, because they will often so interfere with nutrition that life is endangered. None of the symptoms seen in Graves' disease seems to tell upon the general condition of the patient so much and so quickly as gastro-intestinal disturbances. In a very short time the patient will melt away, and in a few weeks may be dead. We have all seen these fulminating forms of thyrotoxic troubles which in less than six or ten weeks have brought a Basedow patient, whose general condition at the onset was otherwise good, to his death.

The first fact to note is, that these symptoms develop usually when the disease is in its incipency. A number of times they will be found in the history of the patient so long before any of the thyrotoxic symptoms have been clearly established, that we may say that they are often the forerunner of the disease. This is especially true for diarrhea; hence the necessity of always bearing in mind the possibility of Basedow in cases where diarrhea sets in without apparent cause, remains persistent for a while and then subsides.

The other fact is that digestive disturbances are *distinctly specific*, and manifestly unlike any other affections of the gastro-intestinal tract. In their mode of appearance, in their pathological manifestations, and in their way of subsiding they are always the same. They usually occur without any apparent cause and subside the same way. They sometimes appear to follow a cycle. With their paroxysmal character and with their peculiar way of appearing and subsiding, they remind one of tabetic crises. Never at any stage of their development, may it be at the beginning or the end, do they present the inflammatory, exudative, or ulcerative characters seen in other pathological conditions of the gastro-intestinal tract.

Finally, they are most *uncontrollable* and stubbornly resist any form of medical treatment, no matter at what stage of their development it may be instituted. That there is a close relation between the disturbances of the gastro-intestinal tract and the other thyrotoxic symptoms is shown by the fact that the course of the latter goes hand in hand with the improvement or exacerbation of the former. One thing is certain: no improvement in the disease can be expected so long as the gastro-

intestinal symptoms have not subsided. On the other hand, when once they have retroceded entirely, it is remarkable to see how quickly a patient will rally and put on flesh, even when his condition was such as to appear hopeless.

Another distinctive feature of these gastro-intestinal disturbances is the *acetone breath* which one will so often notice while near the patient, or even upon entering the room. It is due to *acidosis*.

Let us take these gastro-intestinal symptoms separately and study them.

Appetite.—Loss of appetite is very common and one of the early symptoms. It may be so marked as to lead the patient into a state of complete *anorexia*. I have seen fatal cases which for weeks showed an absolute repulsion toward food of any sort. In these cases if anorexia is complicated with gastric intolerance, if one succeeds in getting some food into the patient's stomach, that nourishment comes up again as quickly as it went down. In some instances loss of appetite alternates with spells of hunger. In other conditions the patient may suffer from *bulimia*; the appetite is then ravenous and never satisfied no matter how much food the patient takes. Bulimia often becomes intense during the night. It may even exist despite the most intense vomiting, diarrhea, and loss of flesh.

Nausea.—A very common thyrotoxic disturbance is *nausea*. It is a very persistent and very annoying symptom which may last for weeks, months, or even years, with or without periods of remission. It is usually more marked after eating, but may have no relation whatsoever to food, occurring as often with empty stomach as it does after meals. Nausea is always worse in the morning; it rarely leads to vomiting.

Gastric Flatulence.—This is another symptom which often goes with the gastro-intestinal disturbances in Graves' disease; it has a most persistent character. The patients attempt to relieve themselves by frequent eructations which have none of the acid or acrid characteristics seen in other gastric disturbances. It seems to be mostly air which they eructate. This would lead to the belief that some of the patients are *aërophages* or *air-suckers*.

Vomiting.—In more serious gastric disturbances *vomiting* is always present. It may be so marked as to endanger the life of the patient. It occurs with empty stomach as well as after taking food. When not too severe, it may take place only four or five times a day, while in severe conditions it may occur as often as ten to fifteen times a day. The vomitus may be watery, slimy, or colored with bile; blood is very seldom found, but if it is, it is only under the form of some bloody streaks due very likely to injury of the mucous membrane of the stomach or esophagus through the efforts made in vomiting. As shown by repeated fluoro-

scopic examinations, the stomach is in a state of more or less constant spasticity.

Nothing definite is known about the *gastric chemistry* in hyperthyroidism and especially during the gastro-intestinal disturbances. As a rule there seems to be either anachlorhydria and apepsia, or hypochlorhydria and hypopepsia. In some instances, however, there is undoubtedly hyperchlorhydria.

Diarrhea.—Diarrhea is among the most important digestive disturbances in Graves' disease. Its running down effect upon the patient is possibly more marked than that of vomiting. Apparently without any precise cause and usually in no relation to the taking of food, the patient will have a number of stools which may vary from 4 to 30 in twenty-four hours. These stools are watery, yellowish or gray in color, and often contain bile products. It is interesting to note that in certain cases the stools contain a great quantity of undigested fat. As a rule the discharges are not offensive and do not contain blood, mucus, or pus. They are neither preceded nor followed by pain, although the patient may complain of a diffuse distress throughout the abdomen and of some flatulence. Like vomiting they show morning exacerbations. No medical treatment seems to have any hold upon them. Diarrhea may alternate with spells of *constipation*. Often, however, as soon as diarrhea has subsided, the intestinal tract resumes its normal function, just as if nothing had ever happened. If diarrhea is moderate and unaccompanied by vomiting, and if the appetite remains fair, its effect upon the patient will soon pass unnoticed. If, however, diarrhea becomes severe and is at the same time complicated with vomiting, the resistance of the patient will be put to a severe test.

In a few cases of very severe thyrotoxicosis, *icterus* may be observed. This icterus is rare, although it is not uncommon to observe a yellowish tint of the sclerotica in severe thyrotoxic gastro-intestinal disturbances. The prognosis of this icterus is always bad. This icterus is not due to any obstacle in the bile ducts, but is of toxic origin.

I think we are within our rights when we say that these gastro-intestinal symptoms are of vagal and sympathetic origin, secondary to some toxic influence of the thyroid secretion upon the sympathetico-vagal system.

CHAPTER XXVII.

GENITAL DISTURBANCES.

MENSTRUAL disturbances are quite frequently seen in conjunction with Basedow's disease. Although once in a while one may meet with a case in which menstruation is prolonged and profuse, as a rule, however, the opposite is true in the great majority of cases. In these menstruation becomes irregular, scant, and often stops altogether for periods which may last months or even years. In some instances menstruation ceases abruptly long before any true symptoms of the disease show up. There is then a premature menopause which may remain permanent, no matter if it does occur a number of years before the natural time for menopause has come. I have seen thyrotoxic cases in which premature menopause occurred at twenty-eight, twenty-nine, or thirty years of age, and which remained permanent after that. More frequently, however, menstrual disturbances develop gradually and in direct proportion to the severity of the disease. As soon, however, as the thyrotoxic condition begins to improve, menstruation gradually returns to its normal condition. The most hopeful sign in Graves' disease is the return of menstruation.

With the menstrual disturbances, there ceases, or at least, diminishes to a great extent, the sexual appetite; the entire genital apparatus undergoes atrophy and sclerosis; the uterus, tubes, and ovaries become small. If the patient is a man, the testicles undergo atrophy.

In conclusion we may say that in Graves' disease the entire genital apparatus is in a state of hypofunction.

Gynecological lesions, such as inflammations, tumors, and malposition of the genital organs, are sometimes found in conjunction with Graves' disease. In some instances the surgical treatment of these gynecological lesions resulted in the absolute cure of the thyrotoxic symptoms.

CHAPTER XXVIII.

RESPIRATORY DISTURBANCES.

IN Graves' disease respiration certainly does not follow the same rhythm seen in normal individuals. It is rapid, superficial, and irregular in character; it alternates with periods of rest which, in turn are irregularly interrupted by one or two deep respirations which have more the character of a sigh: there exists a true respiratory arrhythmia. The number of respirations may attain the double of the normal number. Hofbauer, of Vienna, has shown that the respiratory curves in Graves' disease have a decided type of their own. The amplitude of their excursion is shorter than those seen in normal, and other pathological conditions; furthermore, inspiration and expiration are exactly equal in length; finally, these respiratory curves are irregular. Hofbauer claims that this type of curve is characteristic for Graves' disease, and that it is seen, not only in patients complaining of shortness of breath, but in the ones who apparently are not conscious of any respiratory trouble. Naturally, since short and superficial respiration will have as a corollary a diminished amplitude of the thoracic excursions, and since inspiration and expiration are of equal length, it follows that the excursions of the thorax during inspiration and expiration will be reduced in the same proportion. This can be easily demonstrated with a special apparatus for thoracic measurements, as was shown by Louise Fiske Bryson in 1889. This symptom has since then been known as the *Bryson symptom*.

Shortness of Breath.—Shortness of breath is often complained of by Basedow patients. It may be constant or may come on by spells. It may be present with or without physical exercise, but always becomes more marked when the patient does some exertion or undergoes some psychic excitement. This shortness of breath in the great majority of cases is not in relation at all to the volume of the thyroid. This might have been foreseen, as we all know that mechanical disturbances of the trachea do not cause a rapid and superficial respiration, but on the contrary, that under such conditions respiration is slower and deeper. Might not this shortness of breath be of cardiac origin? It is true, indeed, that in certain advanced cases of hyperthyroidism we have marked cardiac disturbances due to vascular and valvular insufficiency. Under such conditions we shall have to admit that shortness of breath will be mostly due to cardiac troubles, but there again the respiratory

disturbances have a decided character of their own with which every one is familiar. Since shortness of breath is observed from the early beginning of the disease at the time when the cardiac muscle is still strong and its valves are still continent, we shall have to find something else than the heart to explain it. As we have seen, the cause of this shortness of breath is the disturbed rhythm of the respiratory apparatus itself. Respiration is superficial; the amplitude of the thorax is diminished materially, and consequently, the intake of air is *ipso facto* reduced. These disturbances will naturally lead to insufficient oxygenation of the blood and will contribute toward increasing the already disturbed metabolism. But the true primary cause is most certainly in the direct influence of the thyrotoxin upon the respiratory centers. In advanced cases degeneration of the respiratory musculature, especially of the diaphragm, as has been shown by Askanazy, might be considered as an adjuvant factor.

Coughing.—A symptom which when present is persistent and annoying is coughing. The thyrotoxic cough is dry and not accompanied by expectoration; no pulmonary lesions are at the bottom of it. It is often exaggerated by the recumbent position, and becomes consequently annoying to the patient because it prevents him from sleeping. In the great majority of cases this coughing is not caused at all by the pressure of the goiter upon the trachea, but according to Sattler, it is caused by an exaggerated sensibility of the mucous membrane of the entire respiratory apparatus. Under such conditions the irritant which in ordinary conditions would pass unnoticed is sufficient to produce a reflex cough. It must not be forgotten that many of these coughing spells are of hysterical origin.

Hoarseness.—Hoarseness, without any definite pathological reason, is seldom seen. *Weakness* of the voice, however, is much more frequent, and may sometimes lead to *aphonia*. The latter symptom is not in relation to the size or to the position of the goiter. Patients often complain at the same time of a sense of constriction in the throat, and sometimes accompanied by pain. These manifestations are nearly always of hysterical origin.

CHAPTER XXIX.

SENSORY DISTURBANCES AND INSOMNIA.

A SENSE of throbbing and tinnitus in the ears is sometimes complained of by Basedow patients. Rarely there is a disturbance in the sense of smell. As said previously, patients complain of pain in the eyes, of flashes of light, and of dark and bright-colored spectra.

Pains.—Pains are among the most common complaints of Basedow patients. These pains are exceedingly variable as to their seat and nature. They may implicate such various parts of the body as the tips of the fingers or toes, the heels, the palms of the hands, the upper and lower extremities, and the joints, such as the knees, wrists, and ankles. Often these pains are purely muscular. The most common site is in the muscles of the neck, especially the sternocleidomastoid muscles. These pains differ from rheumatic pains since they are extremely shifting in character. They are not painful to firm palpation, do not show any swelling and are not materially affected by changes in the weather. They may be distinguished, too, from peripheral neuritis by their transient character.

Headaches.—Headaches are among the most frequent sensory disturbances observed in Graves' disease. Intermittent in character, they may be in some patients of almost daily occurrence. They are of the migrainous type. Sometimes they are periodical, occurring, for instance, at the menstrual periods. In the majority of cases they are characterized by the patient as "dull" headaches; sometimes they take the form of violent headaches. They are mostly localized in the occipital, the frontal, or the temporal regions, and are most frequently complained of in the morning. They are seldom accompanied by nausea or vomiting, and differ from typical attacks of migraine in not coming on in severe paroxysms, and in not leading to vomiting.

It is self-evident that all patients suffering from headaches are not thyrotoxic patients. Since headaches occur with predilection in neuropathic individuals, it is fair to admit that Graves' disease will only exaggerate this neuropathic tendency, and, consequently will increase the chances for headache; hence the frequency of the symptom. We might even go further and admit in certain conditions the existence of a *true thyrotoxic headache*, dull in nature, mostly localized in the occipital region, and subject to morning exacerbations. Often, too, headache is only a symptom of acidosis which frequently accompanies thyrotoxicosis.

Vertigo.—Occasionally vertigo is complained of by the patients. It is often associated with aural disturbances and is more pronounced in patients complaining of throbbing and tinnitus of the ears.

Tingling and Numbness.—Tingling and numbness of the upper and lower extremities is sometimes another complaint; it is more frequently observed in the lower limbs.

INSOMNIA.

Another of the frequent complaints of Basedow's disease is *insomnia*. From a light sleep often interrupted by periods of wakefulness, up to a more or less complete insomnia, all degrees are seen. The patient may enjoy a few hours sleep in the early part of the night, but after midnight insomnia becomes stubborn. Very often sleep is disturbed by dreams, more or less unpleasant, and which sometimes take the form of frightful nightmares.

CHAPTER XXX.

CUTANEOUS SYMPTOMS.

Sensation of Heat.—Vasomotory disturbances are quite frequent in Graves' disease; they manifest themselves commonly by an exaggerated sensation of heat. Basedow patients are always warm, in fact, too warm, although their bodily temperature is normal. When other people feel comfortably cool or, in fact, even cold, Basedow patients will still complain of being too warm; they seek drafts. During the coldest weather they feel comfortable only if the windows and doors are open. They wear only thin clothing, far too thin for a normal individual to be comfortable in. The winter is their best season, while in summer they always feel prostrated.

Basedow patients often complain of hot flashes; they flush easily and have red cheeks; the least physical or psychical excitation is sufficient to cause a marked congestion of the face and sometimes of the entire body.

Dermographism.—Dermographism is often found in Graves' disease. It takes its origin, too, in a disturbed vasomotory function. It may be obtained by scratching the skin once with a pencil or the finger. Two or three seconds after the scratching has been done, a red line, more or less intense, appears following the direction of the scratching, and which lasts quite a long time and then fades away. Not so infrequently instead of being red, the line is white; it becomes red only a little while after. In other instances the white line is surrounded on either side by a streak of redness.

Hyperhydrosis.—As a rule Basedow patients suffer a great deal from hyperhydrosis. They sweat continuously and profusely, with or without any physical exercise, and very often at night as well as in the daytime. These sweatings, like the other thyrotoxic symptoms, are subject to great variations, being more marked at times than at others. As a rule the sweat is odorless; however, in rare cases, a very offensive odor has been observed. On account of the constant moisture of the skin it will be easily understood, as Vigouroux has shown, why the skin of Basedow patients offers less resistance to the electrical current than the skin of normal individuals.

Itching of the Skin.—Not very frequent, but when present an annoying symptom, is itching of the skin. It may be accompanied by some skin

eruption, but may be present, too, without any visible involvement of the skin. It may be exceedingly intense, may last night and day, and usually follows the up-and-down curves of the disease, improving when Graves' disease subsides, and getting worse when the disease undergoes exacerbations. This, however, is not always true. I have had recently under observation a patient whose thyrotoxic symptoms have almost entirely subsided, except exophthalmos and itching. Scratching neither relieves nor aggravates this itching.

Urticaria.—Basedow patients are apt to have skin eruptions. The most frequently seen is urticaria, which in some cases may be remarkably transient in character. I remember a case in which urticaria was so fugacious that it would disappear entirely in the time necessary for the patient to go from home to the doctor's office. This, however, is not frequent, and although very changeable in character, it may nevertheless last for long periods of time.

Falling of the Hair.—The hair becomes dry, brittle, and falls out. The same is true of the nails of the fingers and toes. This occurs in the early beginning of the disease and retrocedes as soon as the condition of the patient improves. It may involve not only the hair of the head, but also that of the beard, and that over the different parts of the body such as the arms, the thorax, and the axillary space; the eyebrows and eyelashes may even fall out. In all respects this falling resembles the loss of hair after prolonged fevers such as typhoid, and as they do, likewise recognizes a toxic origin.

Brown Pigmentation of the Skin, which may sometimes take the bronzing tint seen in Addison's disease is not so seldom observed in Graves' disease. It may involve the entire body, but is more marked in the exposed regions such as the face, the neck, the thorax and arms. Sometimes, instead of being diffusely distributed, it is localized in patches, and in that case is more marked in the bend of the elbows, of the wrist, knees, etc. When present, it is always more marked and appears first around the eyelids, as has been shown in the chapter on Ocular Symptoms.

Circumscribed edema is sometimes observed; its site of predilection is in the eyelids; this edema sometimes has a very transient character. It is, too, of nervous origin.

CHAPTER XXXI.

BLOOD CHANGES IN BASEDOW'S DISEASE.

ALTHOUGH Micsowicz and Ciuffini, in 1904, found a lymphocytosis in the blood of Basedow patients, and Caro, in 1907, reported similar findings in one case, it was Kocher, however, who, in 1908, gave these findings their true significance, and considered them as the result of the disease. Since then a number of authors have published the results of their investigations upholding these conclusions. Important information can be gotten by the methodical examination of the blood in Graves' disease. These examinations should always be made with the patient's stomach empty in order to avoid the alimentary leukocytosis. The best time is in the morning before breakfast. The chief characteristics of the blood in Graves' disease are, *leukopenia*, *hyperlymphocytosis*, and *hypopolynucleosis*.

We consider as normal, blood which contains about 5,000,000 red corpuscles for men, and about 4,500,000 for women; 7000 to 8000 leukocytes; 70 to 75 per cent. polynuclears; 20 to 25 per cent. small and large lymphocytes; 3 to 5 per cent. mononuclears; 1 to 3 per cent. eosinophiles; and 0.5 per cent. mast cells. We shall consequently speak of leukocytosis when the number of leukocytes goes above 8000, and of leukopenia when the number goes below 7000; of hyperpolynucleosis when the number of polynuclears goes above 75 per cent., and of hypopolynucleosis when the number goes below 75 per cent.; of hyperlymphocytosis when the number of lymphocytes goes above 25 per cent., and of hypolymphocytosis when this number goes below 20 per cent.

This being agreed upon, let us see what are the characteristic changes found in the blood of Graves' patients.

The number of *red blood cells* is usually normal. Not infrequently, especially in young women, this number is higher than normal, running between 5,000,000 and 6,000,000 per cubic centimeter. The hemoglobin content is usually normal. There may, however, be a slight degree of anemia in advanced cases of thyrotoxicosis. The anemia seems not to be dependent upon the thyrotoxicosis itself, but must be regarded as a secondary complication due to the disturbed nutrition.

The most important changes in the blood formula are found in the number and relative proportion of the white cells. As said before, the

total number of leukocytes, as a rule, is diminished; *leukopenia* is present. The lowest rate I have found was 3000; Kocher found it as low as 2000; at the same time the number of lymphocytes and mononuclears is increased materially. We have, consequently, a *hyperlymphocytosis*: the highest rate I have found was 75 per cent. On the other hand, the polynuclears are always found diminished in a more or less degree; their lowest rate seen was 28 per cent.; we have, consequently, a *hypopolynucleosis*. It is apparent that the increase in the number of lymphocytes takes place at the cost of the number of polynuclears. If divergences are still found among authors concerning these blood findings, it is due principally to the fact that it is not yet clear to everybody how to classify the mononuclears which in certain cases show great variations. The eosinophiles are sometimes found increased in Basedow's disease, but this is not a constant finding, and has no special clinical diagnostic value. Mast cells and transitional forms are not materially affected. The behavior of the *platelets* in thyrotoxicosis is a chapter which still remains to be investigated.

In the *fruste forms* of thyrotoxicosis, the same changes appear, but on a smaller scale. In *simple goiter* unaccompanied by hyper- or hypothyroidism symptoms, the blood formula remains normal.

These laboratory findings are of good diagnostic and prognostic value. In doubtful cases where the diagnosis of thyrotoxicosis is not yet certain, a slight degree of leukopenia, of hyperlymphocytosis, and of hypopolynucleosis, will be of great help in deciding whether we have to deal with a thyrotoxic condition or not; the same is true for the prognosis. A marked leukopenia, a high lymphocytosis, a marked hypopolynucleosis, will show that the case is a serious one. A high percentage of lymphocytes without, or with only a moderate, leukopenia is of good prognostic value, whereas a marked leukopenia with a low percentage of lymphocytes must be regarded as of bad prognosis. Hyperlymphocytosis seems to be more or less dependent upon the severity of the disease, being moderate in the early stage, increasing with the intensity of the thyrotoxicosis, and diminishing gradually when the condition is getting better. The change in the blood may be followed beautifully in operative cases. The same day of the operation the lymphocytes diminish materially while the polynuclears increase; on the following days, however, the blood formula returns to its previous normal pathological condition and only then improves gradually in direct proportion with the disease and usually becomes normal in the fully cured cases. If, in the apparently cured cases, the blood formula still remains abnormal, it is either because there is still some degree of thyrotoxicosis, or because the hyperthyroidism is gradually passing into one of hypothyroidism. Coagulability of the blood will then be the decisive argument which will tell which one of the two conditions we have to

deal with. The return to normal of the blood formula is one of the best signs of cure.

This picture of the blood in Basedow's disease, according to Kocher, is the direct result of thyrotoxicosis, either because the thyroid throws directly into the blood stream an increased number of lymphocytes, or because the thyroid secretion stimulates the function of the lymphatic system. These views seem to be upheld by Potrowsky, who found that after total removal of the thyroid in dogs, the small lymphocytes entirely disappeared from the blood. These views are corroborated, too, by the fact that thyroid feeding and the intravenous injection of thyroid extract are always accompanied by a hyperlymphocytosis and a hypopolynucleosis; finally, the changes in the blood formula and its return to normal after operation, are the strongest indication that Basedow's formula is dependent upon the thyroid pathology. Were this all, everything so far would be lovely in all these explanations. But we must not overlook the fact that we find the same blood changes in thyroid insufficiency. There the thyrotoxicosis can no longer be incriminated. What is the explanation? *Nescio*.

Lately some authors are inclined to believe that hyperlymphocytosis, hypopolynucleosis, and leukopenia are not altogether dependent upon the thyroid changes, but may be the result of alterations of the *thymus*. Klose maintains that these blood changes are due altogether to thymic hyperplasia. Against such views I could cite two of my fatal cases, in which the blood formula was normal although both patients had very great thymic hyperplasia, as was shown by post-mortem. It is true that these two cases were not suffering from thyrotoxicosis, but only from the mechanical symptoms caused by the large goiter. As we know that in patients with simple colloid or cystic goiters, unaccompanied by thyrotoxic symptoms, the blood formula remains normal, possibly, the same might be true for thymic hyperplasia. We may have cases in which thymic hyperplasia causes only mechanical disturbances, and other cases in which it causes thymotoxic disturbances; these cases only would then show changes in the blood formula. These views will have to be corroborated by further researches. One fact, however, is certain: the changes in the blood formula do not always go hand in hand with the amelioration of the disease. There are thyrotoxic cases which can be considered as clinically cured, and which still show even years after, the characteristic changes of the blood picture. Hence the conclusion of a number of authors that these changes in the blood are dependent upon thymic hyperplasia. Furthermore, as in myxedema, the blood picture is similar to the one seen in hyperthyroidism, and since in myxedema the thymus is nearly always hyperplastic, Klose considers this as another proof that the blood changes are due to thymic hyperplasia, and that they are not caused by the thyroid pathology.

In conclusion we may say that the question is still an open one. It would be a mistake to think that lymphocytosis is pathognomonic for a thyroid or thymic condition only. Lymphocytosis has been found a number of times in connection with diseases of other glandular organs such as the liver, kidneys, pancreas, parotids, etc., consequently, before giving any diagnostic value to lymphocytosis, we should carefully eliminate all other possibilities which might cause that condition. On the other hand, the absence of lymphocytosis does not necessarily mean that we must exclude thyrotoxicosis, because sometimes changes in the blood formula do not occur even in typical thyrotoxic cases. Although exceedingly important, and almost pathognomonic, these blood changes must be, however, carefully interpreted and their true origin and real value established in every given case.

Anyone who has had a great deal to do with Graves' disease must have encountered once in awhile a more or less severe case in which an intercurrent disease of moderate severity has, however, proved fatal to the patient. Not very long ago I saw a case in which a moderate degree of tonsillitis terminated fatally without there being any apparent cause or complication to explain such a death. The reason must be found, very likely, in the diminished number of polynuclears. We know that these polynuclears are the defenders upon which our organism counts when it is invaded by infectious agents. They respond at once by millions to the call; they contain antitoxic, peptic, and oxydative ferments, and have marked chemotactic properties. In Graves' disease the polynuclears being greatly diminished in number, and possibly inhibited by the thyrotoxin, the means of defense of the organism are reduced. This will explain why thyrotoxic patients are so vulnerable to acute infections, which in ordinary conditions, would be warded off easily. It is true that in the majority of such thyrotoxic conditions, whenever an acute infection takes place, the number of lymphocytes diminishes in order to allow the polynuclears to increase. As soon, however, as the acute process is past, the blood formula returns to its previous conditions, namely, hyperlymphocytosis takes the upper hand, and the polynuclears again becoming reduced in number. In a few cases, however, leukocytosis and hyperpolynucleosis do not take place, or occur in such a small degree that the organism is unable successfully to meet the invaders; it offers to them no, or very little resistance; the battle is really lost before being fought.

Coagulability of the Blood.—Kottmann, Lidsky and Kostlivy found that in Graves' disease the blood shows a diminished coagulability, whereas, in hypothyroidism the power of coagulation of the blood is materially increased. This fact will perhaps explain why operations for Graves' disease are so bloody. This difference in the coagulating power of the blood is due, according to Kottmann, to the fact that blood in

hypothyroidism contains a diminished amount of antithrombin, hence its increased coagulability, whereas in Basedow the antithrombin content is increased, hence its diminished coagulability. According to Doyon, antithrombin is given off by the liver. Kottmann claims that in Basedow's disease the viscosity of the blood is increased. This difference in the coagulability of the blood in hyperthyroidism and hypothyroidism, according to Kocher, is a constant one, and an excellent differential diagnostic symptom which should be resorted to in the doubtful cases. Indeed, since the blood changes which used to be considered as pathognomonic for Graves' disease such as leukopenia, hyperlymphocytosis, hypopolynucleosis, are equally found in hypothyroidism, the changes in the blood formula lose their diagnostic value. In doubtful cases only the coagulability of the blood will be the deciding element. It must be said, however, that Julius Bauer who repeated the same experiments as Kottmann, did not obtain the same results.

Adrenalinemia.—It is more or less universally conceded today that the suprarenal bodies produce epinephrin, and that this adrenalin reaches the blood and is used to maintain the tonicity of the vascular system. Experimentally it has been found that the blood coming from the suprarenal veins contains epinephrin, and the conclusion has been drawn that the blood contains more or less adrenalin, and that this substance varies with the pathological condition.

Epinephrin has strong mydriatic properties and very likely exerts its action by influencing directly the muscular cells of the dilatator muscles of the iris, and possibly by direct action upon the sympathetic nerve. The action of the epinephrin may be considered as analogous to the electrical excitation of the sympathetic nerve. Adrenalin mydriasis is found in all the conditions in which the sympathetic system is excited. It is found further in pathological conditions of the pancreas, hyperthyroidism, diabetes mellitus; it is furthermore found in many pathological conditions of the stomach, intestines, in lesions of the central nervous system, and of the meningeal membranes. In such conditions mydriasis is very likely due to an irritation of the sympathetic system by the pathological condition.

The methods of determining the adrenalin content of the blood are numerous, but none are so very reliable. The test method which I have adopted is the Ehrmann method. This method consists in enucleating the eye of a frog, if possible, the *rana esculenta*, and plunging this eye into the blood serum of the patient. The time which elapses from the moment in which the eye has been put into the serum to the moment when the pupil reaches the maximal dilatation is carefully noted, and as a scale has been previously made of different solutions of epinephrin showing the length of time it takes a given solution of epinephrin to

dilate the pupil to its maximum, it is therefore easy to find out the quantity of epinephrin contained in the blood serum. This method, of course, is not an accurate one. Another objection which may be raised is that it is not at all certain that the dilatation of the pupil is due to the epinephrin; it may be due to the other sympathetictonic substances which belong to the same class as adrenalin, such as the pituitary and thymus extracts, and which, according to Biedl, Zandler, and Ranze, give also the Meltzer-Ehrmann reaction. It was, however, the best method I had at my disposal at the time. From investigations made in a great many cases with the method, I am unable to draw any practical information, because in many of the severe cases of Graves' disease, the epinephrin content of the blood was increased, but in other cases just as severe, it was only light or negative. It has been asserted that hyperlymphocytosis combined with absence of epinephrin in the blood is of bad prognosis. In my own experience I have been unable to convince myself that this is true.

Hyperglycemia.—Tachaus has shown that the blood of normal individuals contains an average of 0.086 per cent. of sugar. If these normal individuals are fed with 100 grains of sugar, no increase in the sugar content of the blood takes place. In Basedow patients, on the contrary, as soon as they are fed with sugar, the sugar content of the blood increases to double or more of its normal rate. This hyperglycemia is consequently not a primary one, but must be regarded as an alimentary hyperglycemia; it is very likely of thyroid origin, as it can be produced more or less at will by ingestion of thyroid extract. It gradually diminishes as the thyrotoxic condition improves. Flesch claims that there is an antagonism between hyperglycemia and lymphocytosis: the stronger the hyperglycemia, the less the lymphocytosis, and *vice versa*.

Antitrypsin Content of the Blood.—Wälli found that antitrypsin in the blood of normal individuals is very rarely present. In Basedow patients, however, it seems to be constant. The clinical picture of hyperthyroidism need not be fully developed in order to have a positive finding of antitrypsin, since the reaction is present in the early incipient cases. The antitrypsin content is in direct relation to the gravity of the disease. If this test should prove correct, it would be of excellent diagnostic value when the diagnosis is doubtful.

Complement-fixation.—Papazoula has shown that the blood serum of Basedow patients was able to fixate the complement when mixed with antigen extracted from thyrotoxic goiters. According to this author the thyroid gland in that case acts as an antigen, thus causing the formation of antibodies. Hence the conclusion that in Graves' disease the thyroid secretion is not only quantitatively but also qualitatively affected, which is an argument in favor of dysthyroidism.

CHAPTER XXXII.

DISTURBANCES IN METABOLISM.

Loss of Flesh.—Loss of flesh is one of the most constant and most important symptoms in Graves' disease. It goes hand in hand with muscular weakness. This loss of flesh may be either a very rapid or a very gradual one, and it is, as a rule, one of the earliest symptoms of the disease. If gastro-intestinal disturbances such as vomiting, diarrhea, etc., are present, the loss of flesh will of course be far more pronounced, but in a number of conditions there is no apparent cause for the loss of flesh. It may even occur despite a good appetite and a very liberal diet.

Fr. Müller has shown that this loss of flesh is due to the fact that the *nitrogen* losses are increased far above the normal. Not only the metabolism of albumin is increased, but the consumption of *fat* and *carbohydrates* is also considerably exaggerated. Steyrer proved that in Graves' disease there is an increased production of calories due to the metabolism of *albumin* and *fat*. This hyperproduction of calories is independent of diet since it occurs even when the patient remains fasting; spells of nervousness, however, increase it very materially. Magnus-Levy has shown that in Graves' disease the *gaseous exchanges* are increased, namely, that CO_2 *excretion* is materially increased. While the quantity of *sodium chloride* remains about normal, the amount of *phosphates* existing in the urine of Basedow patients is greatly increased.

We may say that in Graves' disease the metabolism is profoundly disturbed, and that the various oxydating processes are constantly and always materially increased. The patient is "burning the candle at both ends." He keeps up the fire by consuming the albumin, fats, and carbohydrates of the body. If the patient is able to offset the losses by a good diet, all well and good: the equilibrium between the intake and exchanges will remain more or less undisturbed; if not, loss of flesh will follow. If loss of flesh nevertheless occurs despite a free diet, it will be due to an impaired resorption and assimilation of the gastro-intestinal tract. This increase in all the oxydating processes is most likely of toxic origin, either because it stimulates the centers of heat, or because it influences the nervous system controlling metabolism.

Temperature.—With the increase of all the oxydating processes, we might then expect an increase of the bodily temperature. And so it

happens. Rise in temperature is frequently seen in Basedow patients. It is most inconstant and most irregular; it goes and comes, may last over a few days and then become normal again. There seems to be no apparent cause for this. Temperature, however, seems to follow the periods of exacerbation of the disease. It is, as a rule, not high, evolving around 100, seldom goes above 101, and does so only when the case is a very severe one. Although the increase in the oxydating processes may be fully incriminated, this rise in temperature is most likely due to some thyrotoxic influence upon the nervous centers regulating the bodily temperature.

GLYCOSURIA AND DIABETES IN GRAVES' DISEASE.

As a general fact sugar may be found in the urine of any individual after a certain amount of sugar has been consumed. We know that the coefficient of absorption for sugar varies with each normal individual; as soon as this coefficient is overstepped, then sugar appears in the urine. This is what we call *alimentary glycosuria*. In *diabetes*, on the other hand, sugar is found in the urine despite the fact that sugar and carbohydrates are withheld from the patient. It is not enough, however, once in awhile to find sugar in the urine of a patient in order to diagnose diabetes, since we might erroneously consider as diabetes a transient form of alimentary glycosuria. Glycosuria must last for a long time and be independent of food, before it can be considered as true diabetes; furthermore, diabetes is, as a rule, accompanied by polyuria and thirst.

In Graves' disease *alimentary glycosuria* is far more frequent than *diabetes*: Hirschl found it in 30 per cent. and Schulze in 25 per cent. of their respective cases. These figures may not represent the true percentages for all cases known but the fact remains that alimentary glycosuria is comparatively frequent in Graves' disease.

Far more frequent than the alimentary glycosuria is that one which appears after small doses of adrenalin are given to a Basedow patient who has just ingested 100 grams of sugar. According to Schulze, this alimentary glycosuria of adrenal origin appears in 80 per cent. of the patients.

True diabetes, on the other hand, is more rare and, according to reliable statistics, is not found in more than 3 per cent. of the cases. It usually occurs after Graves' disease is far advanced. The quantity of sugar found in the urine is, as a rule, moderate; in severe cases, however, it may be very large.

The presence of diabetes in Graves' disease must be always regarded as a serious complication and of bad prognosis. Ordinarily as soon as

diabetes occurs, the patient begins to lose flesh and complains of an intense muscular weakness. Despite the fact that diabetes is far more frequent in men, the combination of Basedow and diabetes is more frequently seen in women.

To claim that all cases of diabetes and alimentary glycosuria complicating Graves' disease are of thyroid origin would be folly. A number of them supervene as an independent complication and have no relation to thyrotoxicosis. This, however, is not true for all cases. A number of clinical as well as experimental observations seem to prove that there is an intimate relation between the thyroid and glycosuria. Beclere reports the case of a male, thirty-two years old, who was suffering from myxedema. In the course of 11 days this patient absorbed 93 fresh thyroid glands of sheep; palpitation, tremor, dyspnea, profuse perspiration, insomnia, and polyuria became very marked. Urine analysis showed *albumin* and *sugar*. Nothaft reports the observation of a man, forty-three years old, who in order to get thinner took a thousand tablets of thyroid extract of 5 grains each in five weeks. After three weeks the patient began to develop marked exophthalmic symptoms; the urine contained 1 per cent. of sugar. F. Müller saw a patient who had a light form of Graves' disease, and who was fed with thyroid extract tablets; symptoms of hyperthyroidism became extremely marked. Severe diabetes developed and death ensued. In a myxedematous patient fed with thyroid extract, Ewald found 4 per cent. of sugar. This sugar could be made to appear and disappear at will by regulating the thyroid feeding. Von Noorden reports 17 cases of obesity treated with thyroid extract; in 5 of them sugar was found during the treatment. A number of other clinical as well as experimental cases can be cited in which thyroid feeding had caused glycosuria. In the presence of all these facts it is difficult not to admit that there is a relation between the thyroid and glycosuria, and that in Graves' disease the presence of sugar in the urine must be referred to the hyperfunction of the thyroid, combined with an exaggerated excitation of the sympathetic nerve and a pancreatic insufficiency. We have then to deal with a *thyreogene glycosuria*. Thyreogene glycosuria is characterized by the fact that it develops with Graves' disease and disappears with its improvement. Thyreogene glycosuria seems to be more frequent in traumatic Basedow and is often combined with other disturbances in the resorption of fat. That the thyroid intervenes in the production of glycosuria is so much more plausible since glycosuria may be caused by other glands than the thyroid, as for instance, the hypophysis, suprarenal bodies, liver, etc.

Polyuria.—Polyuria is often seen in Graves' disease; it is sometimes an early symptom and occurs without any apparent pathological condition of the kidneys. It is very likely a symptom of nervous origin.

Polydipsia.—Knowing how much Basedow patients perspire and often suffer from diarrhea, vomiting, and polyuria, in short, knowing that they are losing fluids in many ways, no one will wonder that they often complain of thirst, and that they drink water abundantly. However, the etiology of polydipsia is not quite so simple, and must be regarded, too, as a symptom of nervous origin, probably due to the irritation of some buboprotuberential centers.

Albuminuria.—Traces of albumin are sometimes found in Graves' disease; they are not connected, as a rule, with any disease of the kidneys, as no cylinders and no epithelial cells are present in the urine. It is most likely of toxic origin, and disappears as soon as the condition subsides.

THYROTOXICOSIS IS A CHRONIC DISEASE.

Now that we have studied all the symptoms and followed their development, although at first the whole symptom-complex seemed stormy and erratic, we cannot but be impressed by one fact, namely, that the disease is *essentially chronic*. No matter how various and changing the symptoms are, no matter if a given case apparently changes its physiognomy hundreds of times during its course, and no matter if at times some symptoms become acute and subside again, nevertheless the general tendency of the entire process is to be a chronic one. The disease follows a cycle, which grossly speaking can be said to be identical with itself. It usually begins insidiously, reaches gradually its full development, shows periods of betterment, alternating with spells of exacerbation, lasts years and then finally either takes a decisive turn for the best, or terminates by death. No matter how various its manifestations are, the main symptoms are always constant in their character. Thus tachycardia, for instance, will remain identical with itself throughout the entire course of the disease so as to resemble no other form of tachycardia. The same is true for tremor. Vomiting and diarrhea may last weeks and months, may come and go without changing in their nature, and without leading into a gastritis or an enteritis. And so on for the other symptoms.

FULMINATING FORMS OF GRAVES' DISEASE.

That, however, one will meet once in a while with rapidly evolving cases of Graves' disease there is no doubt: the condition begins, evolves, and terminates by death in a very short time, within a few weeks or months. From its inception the disease takes on a malignant form; tachycardia and nervousness are intensely marked, and the gastrointestinal symptoms are especially alarming; vomiting and diarrhea are

continuous and become uncontrollable. The patient is profoundly thyrotoxic, and since little or no food is retained, the patient sinks rapidly, and death follows after a few weeks, with marked symptoms of acidosis. In all the fulminating forms of Graves' disease which I have seen, the gastro-intestinal symptoms were always the leading ones.

ALL THE THYROTOXIC SYMPTOMS ARE WORSE IN THE MORNING.

I believe anyone who has had wide experience with Graves' disease will agree with W. H. Thomson when he says, "If it be asked what are the most peculiar or most characteristic features of Graves' disease, I would answer that next to its specific tachycardia is the morning exacerbation of its symptoms." No careful observer can fail to be impressed by this singular phenomenon. I have looked for that symptom in all cases of goiter which have come under my observation, and I must say that in the great majority of cases, no matter if they were true cases of Graves' disease or simple goiters complicated with some thyrotoxic symptoms, this symptom was nearly always present. Without any hesitation the patients admitted that they were decidedly worse in the morning and would get better toward evening. When they rose they felt more tired than when they went to bed; they complained of an intense general depression; they were "good for nothing." All their thyrotoxic symptoms seemed to be more exaggerated, and tremor became more marked, so as to prevent the patient from doing any work in the morning, whereas in the afternoon such work was possible. Palpitations and nervousness became more intense but subsided toward evening. Headaches, too, were more accentuated in the morning, and the patients complained of heavy weights upon their spirits, and of a beclouding of the mind so as to preclude the possibility of mental work, or of concentration of the mind until late in the afternoon. If gastro-intestinal symptoms were present, vomiting and diarrhea underwent marked exacerbations toward morning and subsided toward evening. In short, the entire chain of thyrotoxic symptoms became aggravated in the morning. This symptom is very peculiar to, and almost characteristic of, Graves' disease. Hysteria has nothing to do with its production; it is very likely due to some disturbance in the biological chemistry of the organism, more marked at that time of the day. But what this disturbance really is and why it takes place, is still an open question.

CHAPTER XXXIII.

FRUSTE FORMS OF HYPERTHYROIDISM OR SMALL HYPERTHYROIDISM.

IT is not usual to find all the thyrotoxic symptoms ordinarily seen in Graves' disease equally developed in the same case; as a rule some of them are more prominently developed than others, while frequently, quite a few even fail to be present. In these cases, however, the diagnosis does not offer great difficulties because one or more of the cardinal symptoms will clear at once the diagnosis. Even if one's judgment has been side-tracked, as a rule, the general physiognomy of the case, its course of development and its behavior will soon betray its true nature. There are cases, however, which require a great deal of experience, sagacity and judgment before one dares to venture the diagnosis of thyrotoxicosis. There none of the cardinal symptoms are present, or at least they are so insufficiently developed that a diagnosis of thyrotoxicosis is scarcely warranted; yet, in the last analysis these cases are of thyrotoxic origin. They are incomplete forms of thyrotoxicosis; they are called *fruste*, or *incomplete forms of hyperthyroidism*. They constitute what I call *small hyperthyroidism*. As we have the great and small hypothyroidism, so we have the great and small hyperthyroidism.

These fruste cases in which the majority of the classical symptoms are absent are very apt to be overlooked, either because of lack of experience, or because these cases are so atypical that it is difficult at first to trace them back to their true origin. On the other hand, there is no doubt, however, that these fruste forms of hyperthyroidism are far more frequent than is generally suspected. If they were all recognized, it would be found that they constitute a substantial percentage of the total of patients seeking medical relief.

An incomplete form of thyrotoxicosis frequently seen is that one where the heart-rate is above normal, where the patient complains of a general throbbing of the arteries, or of palpitation. At the same time there is a marked instability of the nervous system, yet, physical examination of the nervous, cardiac, urinary, and other systems fails to reveal anything pathological. No apparent cause can be found to explain that condition. Such cases are often only *fruste forms of hyperthyroidism*. If, perchance, one is able to detect some other concomitant thyrotoxic symptoms such as possibly a small thyroid hypertrophy, some tremor, etc., then doubt is no longer permissible; this is a *fruste form of hyperthyroidism*.

There are numbers of young women who, at the time of puberty complain of palpitation, tachycardia, fatigue, loss of energy, and of some swelling of the feet. As a rule they are regarded as chlorotic, yet laboratory findings generally show that the blood is normal. If at the same time such patients happen to have occasional rises in temperature, and if they also complain of sweating, they are very apt to be considered as tuberculous and treated accordingly. However, should a careful examination be made, some nervousness, possibly even some psychic disturbances might be found—all facts showing that such patients are suffering from fruste forms of hyperthyroidism secondary to the maturation of their genital systems. As soon as the genital process is settled and the organism has found its equilibrium, the thyrotoxic syndrome ordinarily subsides and then these patients again regain their health. The same is true for women *at the menopause*. They commonly complain at that time of hot flashes, palpitation, nervousness, tremor, sweating, of occasional gastro-intestinal disturbances, etc. Examination reveals a moderate degree of tachycardia, little or no apparent enlargement of the thyroid, and no ocular symptoms. Ovarian extracts remain without effect. Such cases are regarded as nervous patients, and treated with all the tonics, sedatives, cardiac stimulants, etc., imaginable. Little or no results are obtained because the real cause is to be found in the hyperfunction of the thyroid. These cases are, too, *fruste forms of hyperthyroidism*.

Not infrequently we see patients who apparently have a simple non-toxic goiter and who intermittently may complain of cardiovascular and nervous symptoms. Once in awhile they may have an occasional diarrhea alternating with constipation. This condition may go on for years, off and on, periods of complete welfare alternating with periods of thyrotoxicosis. These cases, too, are *fruste forms of hyperthyroidism*. In other cases there is apparently no thyroid enlargement. The thyrotoxic symptoms are more or less of vague nature, characterized by some nervousness, and some tremor, by periods of muscular asthenia, by occasional palpitation, and occasionally by some tachycardia especially connected with physical effort, by headaches, and at times by indigestion or hyperacidity, and by some occasional menstrual disturbances. All these symptoms experience periods of exacerbation and improvement. They come and go; the syndrome is of protean type. These patients, as a rule, do not stand easily acute infections, they do not recover as quickly as others. Any psychic shock, even of moderate degree, will leave on them traces for weeks and months, while a normal individual would not be feazed by it. Such patients are treated either for gastro-intestinal troubles, or for menstrual disturbances, or for nervousness, etc. No or very little improvement is gained by such

therapeutics; they may even be made worse. If, however, the correct diagnosis is made, and the case regarded as a fruste form of hyperthyroidism, and the correct treatment is instituted, these patients may be greatly benefited. Every medical means being exhausted in vain, I have operated a few of them and cured them entirely.

There are fruste forms of hyperthyroidism due to gastro-intestinal ptosis causing an auto-intoxication which in turn results in the production of a group of thyrotoxic symptoms. These symptoms may be of severe nature, and are especially characterized by nervousness, palpitation, tremor, loss of flesh, and intense asthenic symptoms. They may resist every medical treatment. One of my most grateful patients is a young woman who had a marked gastro-intestinal ptosis, causing spells of weakness, muscular asthenia, nervousness, loss of flesh, intermittent thyroid hyperplasia, palpitation and tachycardia, etc., which would incapacitate her for months at a time. A ventrofixation of the stomach and transverse colon performed some years ago cured her permanently. That, too, was a *fruste form of hyperthyroidism*, secondary to gastro-intestinal auto-intoxication.

There are fruste forms of hyperthyroidism in which besides some insignificant secondary thyrotoxic symptoms the only marking feature is possibly a glycosuria or fatty stools. As shown by Falta, such cases may be, too, *obscure forms of hyperthyroidism* because indirect intervention upon the thyroid by operation or x -rays has brought about cures.

Fruste forms of hyperthyroidism are observed, too, in conjunction with pelvic diseases. There, too, a timely operation upon the diseased pelvic organs may restore the patient to health.

In conclusion we may say that these fruste forms of hyperthyroidism may have the most protean character. In some of them we find only thyroid enlargement, in some others, tachycardia, in some others tremor, in some others the staring and glaring look, in others nervous instability, hot flashes, loss of flesh, gastro-intestinal disturbances, psychic troubles, etc. A great many of these cases are secondary to some definite pathological condition. For a great many others there seems to be no apparent cause.

I should not want to be accused of chauvinism, of seeing thyrotoxicosis everywhere. Discretion, judgment, clinical sense must be our guide. We must remember that "too little," just as well as "too much" always spoils everything, or as the French say: "*Le trop et le trop peu gâtent tous les jeux.*"

CHAPTER XXXIV.

HYPERTHYROIDISM AND HYPOTHYROIDISM.

It seems at first nonsensical to claim that symptoms of thyroid insufficiency may coexist with those of Graves' disease, in short, that we may have at the same time *hypothyroidism* and *hyperthyroidism*; yet that there can be such a thing there is no doubt. The thing seems at first unacceptable because we think only of the fully developed form of hypothyroidism. We forget that until the condition has reached its full development there are numbers of intermediary stages, in short, that we have *fruste forms* of hypothyroidism as well as of hyperthyroidism. No one, I am sure, will deny that a given case of Graves' disease may ultimately turn into a myxedematous condition. We have stated more than once before that a Basedow patient, provided he lives long enough and the thyrotoxic process keeps up, is logically destined to become a myxedematous case. A number of authenticated cases could be cited to support that statement, so that there can be no doubt about it. For instance, Joffroy and Achard reported the case of a young woman, twenty-three years old, who had a typical Basedow and who finally developed a typical cachexia thyreopriva. The autopsy showed a sarcoma of the pleural cavity and a more or less complete destruction of the thyroid at which place connective tissue only was to be found.

How shall we explain the combination of these two conditions in Graves' disease? Because there the gland keeps up burning at a fast pace. This obviously cannot last forever. There comes a time when the gland is exhausted; the epithelial elements become "stale," undergo degeneration, and are gradually replaced by connective tissue, thus naturally leading into hypofunction, and consequently into hypothyroidism. Tachycardia, nervousness, tremor, loss of flesh, etc., gradually subside; and little by little the patient sees his thyrotoxic condition improve. Everybody thinks the cure is near. But, alas, this does not last long; it is only a transitory stage. The patient's spirits soon become curbed, his eyes lose their brilliancy and become dull; nervousness gradually fades away into quiet and rest, the intelligence becomes weak and lazy, tachycardia gradually subsides, and a suspicious adipose tissue of yellowish tint takes the place of the previous extreme thinness of the skin. The patient falls into a state of marasmus. He got rid of his hyperthyroidism only to fall into a state which is just as bad, hypothy-

roidism. He saved himself from Charybdis only to fall into Scylla. Until, however, hypothyroidism is fully developed, symptoms belonging to both conditions remain mixed together. Even when cachexia strumipriva is fully developed, there still remain some thyrotoxic symptoms which will show that both conditions may exist at the same time in the same patient. The case is an odd mixture of the wreckage of Graves' disease and thyroid insufficiency (Fig. 69).

As a rule the symptoms of hyperthyroidism still remain the predominant ones; only a few isolated symptoms may point toward hypothyroidism. For instance, the patient may put on an excessive amount of fat, while at the same time his skin becomes dry and scaly. In some



FIG. 69. —“Burned out” thyroid. Symptoms of hyper- and hypothyroidism combined.

other instances his mental activity becomes dull, the memory loses its reliability, the patient is quiet, the movements are slow; in short, the patient develops a new condition in direct contrast to the previous one in which he was constantly nervous and agitated. Yet the other thyrotoxic symptoms remain the same. The whole condition may show periods of improvement and exacerbation.

The reverse may be true. Some thyrotoxic symptoms may occur during the course of the cachexia strumipriva; this, however, is rare, but has been observed by men of note, as Kocher, for instance.

The possibility of the coexistence of hypothyroidism and hyperthyroidism will become more plausible and intelligible if we remember that a gland such as the thyroid has not only one function, but many

of them. It contains a number of lipoids, each one of them having a definite action on the metabolism. We have already stated that Iscovesco isolated from the thyroid several lipoids, each one affected with different properties. One of them, for instance, injected into animals causes myxedema; another, exophthalmic goiter, another had a marked influence upon the ovaries, and so on. If this should be true, and should be further corroborated, the explanation for the existence of hypothyroidism and hyperthyroidism would then be a simple one. *A priori* at least, according to all that we know of the glands of internal secretion, these findings of Iscovesco's seem rational. We know that adrenalin in small doses, for instance, causes vasodilatation, and in large doses, vasoconstriction.

CHAPTER XXXV.

INFANTILE AND JUVENILE HYPERTHYROIDISM.

As we have an infantile, a juvenile, an adolescent and an adult hypothyroidism, so we have also an *infantile, a juvenile, an adolescent, and an adult hyperthyroidism*.

The term *infantile hyperthyroidism* is intended to embrace only those cases of exophthalmic goiter occurring in children before ten years of age, since during that period of development the genital system is still in its expectancy. *Juvenile hyperthyroidism* is that form of thyrotoxicosis occurring from 10 to 15 years of age, during which period the genital system undergoes its development. We shall call *adolescent hyperthyroidism* the cases of thyrotoxicosis which occur from fifteen to twenty-five years of age, during which period the genital apparatus reaches its maturity, and we finally reserve the term *adult hyperthyroidism*, to the cases occurring after twenty-five years of age.

Infantile hyperthyroidism is comparatively rare, whereas the *juvenile form* is more frequent. W. H. Lewis, quoting Mayo's statistics, found one case of infantile hyperthyroidism for 300 adult cases operated for thyrotoxicosis. The youngest of his cases was four years old when it came under his observation, and the disease had already existed eighteen months. Infantile and juvenile hyperthyroidism follow, as a rule, a milder and shorter course than that of adult hyperthyroidism. Left alone, the condition gives, according to Sattler, a mortality of 4.5 per cent.

The symptoms most commonly observed in infantile hyperthyroidism are irritability, nervousness, and tachycardia. The little patients seldom are conscious of palpitation; exophthalmos is rarely marked, and the ocular symptoms are usually absent. Tremor as well as vasomotory disturbances of the skin are present in moderate degree. Gastrointestinal disturbances are usually quite marked. As a rule these young patients especially those of infantile type, do not experience the profound muscular asthenia which is so often observed in adolescent and adult hyperthyroidism. They are able to participate in the activities of their young companions without undue fatigue. Sometimes, however, they get out of breath more easily. Thyroid hyperplasia is of moderate degree and is subject to variations. Vascular symptoms are present.

In the juvenile and adolescent forms of hyperthyroidism psychic disturbances and chorea may occur as complications. Glycosuria is seldom observed.

In overactive children when restlessness, irritability, egotism, selfishness develop, the possibility of hyperthyroidism should always be considered.

So far as treatment is concerned, usually ligation of both superior poles proves of itself curative. If the case is already quite markedly advanced, thyroidectomy may become necessary.

CHAPTER XXXVI.

EXOPHTHALMIC GOITER IN PREGNANCY.

THAT a woman afflicted with Graves' disease may become pregnant, or that thyrotoxicosis may develop either during or at least in connection with pregnancy, is a well-known fact. The point of interest does not lie therein. What we want to know is, how do these two conditions influence each other, and what shall be our attitude in these given cases?

The coincidence of pregnancy with Basedow is not frequent. Out of 15,000 women seen in the Maternity of Edinburgh by Halliday-Croom, only 1 case of exophthalmic goiter in pregnancy was seen. The other 12 cases which he reported were taken from his private practice, hence his conclusion that pregnancy and Graves' disease are oftener found among the rich classes than among the poor ones. Bonnaire came to the same conclusion, because out of 30,000 pregnant women he saw only 2 cases of exophthalmic goiter.

Seitz has collected 112 cases of exophthalmic goiter complicated with pregnancy from his own material, from literature, and from circular letters. He has carefully tabulated the menstrual history, the appearance of the first symptoms, the history of previous pregnancies, the therapy employed, and the results as far as mother and child were concerned. He found that hyperthyroidism was not affected one way or the other in 40 per cent. of the cases. A very small number even improved during pregnancy. On the other hand, 67 out of 112 cases, namely, 60 per cent. of the total, were made distinctly worse by gestation. In one-fourth of these 67 patients a serious menace as to health and life was the consequence of thyrotoxicosis; 7 patients died; in 5 cases therapeutic abortion, and in 11 cases, premature labor occurred. Three miscarriages, and 3 macerated fetuses were observed. In 7 cases thyroidectomy was performed during pregnancy. Bernard von Beck in 260 cases of Graves' disease and pregnancy said that he felt compelled to perform thyroidectomy in 5 cases, and in no case did he find it necessary to interrupt the pregnancy. As Gellhorn says, this is indeed a remarkable record and may be explained by the fact that these thyrotoxic conditions were secondary to previous existing goiters, since in the region where von Beck is working, goiter is endemic. Theilhaber found that the majority of coincident cases of pregnancy and Graves' disease were made distinctly worse by the disease and that only the minority

were improved by it. Kleinwächter and Hirst came to the same conclusion that Graves' disease is unfavorably influenced by pregnancy, and that it often has its origin in gestation. It predisposes the patients to uterine hemorrhages and may result in the death of the fetus. Such cases are often complicated with albuminuria. Whitridge Williams considers that pregnancy exerts a deleterious influence on Graves' disease; he found that tachycardia was greatly increased during gestation and lessened soon after labor. It has been, too, my experience in the cases of thyrotoxic pregnant women I have seen.

We can consequently conclude that the majority of Graves' patients are made worse by pregnancy. Pregnancy must be regarded as a serious complication in thyrotoxicosis. This is so true that Theilhaber has said when speaking of thyrotoxic patients:

"Girls, no marriage; women, no pregnancy; mothers, no nursing."

Treatment.—So far as Graves' disease is concerned, medical treatment should be given the greatest care and attention as soon as pregnancy is detected. Every form of treatment can be given a trial. Opothrapy with hypophysis, or with thymus may be attempted; opothrapy with thyroid should be handled with extreme care. Any one of these treatments will sometimes give good results, more often none, or it will make the condition of the patient worse. Up to date the best treatment known is a dietetic, hygienic régime. The majority of cases so treated will be kept in fairly good condition and may be brought along to the full term of their pregnancy without too serious disturbances. At any rate, during the early period of pregnancy the treatment must be a *watchful, waiting one*. If later, however, the condition of the patient grows worse, surgical intervention then becomes necessary.

Surgically, two questions arise: Shall we perform a thyroidectomy or shall we resort to an obstetrical operation? So far the trend of opinion seems to be in favor of the second alternative. If the fetus is viable, a premature Cesarean section may save its life, which very likely would be lost if allowed to go on to full term. If, on the other hand, the fetus is not viable and the condition of the mother is such as to necessitate a surgical intervention, the life of the child should be sacrificed without hesitation, since at any rate it is bound to be lost. In such cases the mother's life only should be taken into consideration.

I believe, however, that we should not wait until these thyrotoxic symptoms complicated with pregnancy have become so serious as to endanger the life of both the mother and the child. A timely thyroidectomy as I have performed twice seems to be the ideal procedure, as it not only wonderfully benefits the thyrotoxic condition, but also allows the pregnancy to go to full term, and thus saves the life of the child without undue risks for the mother.

Basedow patients should be guarded against marriage, and especially against pregnancy. At any rate, before entering married life they should have thyroidectomy performed in order to safeguard them against any future exacerbations and to protect their future offspring. It is true that in severe forms of Graves' disease the chances for pregnancy are considerably reduced, because the sexual apparatus is in a state of hypofunction. This, however, is not always the case and pregnancies may occur even in very severe cases of thyrotoxicosis. When this is the case "sterilization" of the women should be performed after pregnancy is over.

CHAPTER XXXVII.

ETIOLOGY OF GRAVES' DISEASE.

THE fact that Filehnes, Walburton, Tedeschi, Dourdoufi, and Bienfait by sectioning the restiform bodies were able to produce tachycardia, exophthalmos, hyperemia of the thyroid, etc., has given rise to a theory claiming that Basedow's disease is of bulbar origin. It must be said, however—and this is a very important point to remember—that the thyrotoxic, clinical picture did not take place, if previously or at the same time, thyroidectomy had been performed. The French school, especially Charcot, Trousseau, etc., and the German school, represented by Gerhardt, Buscham, Wickfield, Sattler, etc., have considered Basedow's disease as a neurosis of the entire vegetative nervous system. Notkine and Blum defended the view that Basedow's disease was due to an insufficient "depoisoning" of the organism by the thyroid on account of functional insufficiency. Friedreich considered Basedow's disease as due to an abnormal enlargement of the coronary arteries of the heart, thus causing an increased blood supply to the cardiac muscle which in turn would cause an increased excitability of the nervous system. Gabriel Gauthier considered the thyrotoxic syndrome as of thyroid origin. Mannheim considered it as of central origin. Moebius claimed that Basedow was caused by poisoning of the blood by the thyroid products, and considered the forms frustes as well as the primary and secondary forms of exophthalmic goiter as all produced by the same cause, namely, the hyperfunction of the thyroid. Crile believes that it is a "philogenic" disease, caused by a disturbance of the entire motor mechanism in which the nervous system is primarily involved and in which the thyroid acts as an activator. Hart and Bircher believe that Basedow's disease is primarily of thymic origin. Klose, Lampe, and Liesegang believe that the disease is due to *dysthyroidism*. Thus, as one can see, the theories concerning the etiology of Graves' disease are numerous, and I have not cited them all by any means.

The theory which up to date has rallied the greatest number of partisans is the theory of *hypersecretion* of Moebius, called *thyrotoxicosis* by Kocher, and *hyperthyroidism* by Mayo. According to these authors, Basedow's disease is caused by a surplus of thyroid secretion poisoning the entire organism. This surplus may be caused either by an increased function of the thyroid or by thyroid feeding. This theory is indeed the

one which tallies best with our present knowledge, and which seems to be best supported by the facts. It is simple and clear, but I am afraid that just because of this simplicity and clearness, it is insufficient. The more one studies this question, the more one becomes convinced that the problem is a complicated one; the more one tries to penetrate the secrets of Nature, the more one sees how intricate her ways are. As v. Hansemann says, "Nature does not know a cause, but causes." Indeed, if we consider an event in its simplest form, even though the determining factor seems to be obvious, how many other "preparatory" conditions are not necessary to allow the so-called primary cause to exert its effect? And so it is in medicine. Almost everyone will say, for instance, that tubercle bacilli are the cause of tuberculosis, yet, if truly they were the only cause, every living man would be tuberculous because it has been shown beyond doubt that everybody's organism contains tubercle bacilli. Fortunately, in order to allow tubercle bacilli to thrive, other "preparatory conditions" are just as necessary as the presence of the tubercle bacilli themselves, and only when all these conditions happen to be assembled, does tuberculosis develop. It is consequently wrong to say that tubercle bacilli are solely the cause of tuberculosis. One should say "tubercle bacilli are one among others of the conditions necessary for the development of tuberculosis." If one of these "conditions" is absent, there will be no tuberculosis. Take, for example, Addison's disease. If tubercle bacilli were the only necessary requirement, again, almost everybody would have Addison's disease. This disease is too fairly frequent to be considered as the result of the mere accidental settling of tubercles in the suprarenal bodies; furthermore, the fact that the tuberculous involvement is bilateral, speaks, too, against such an explanation. The truth of the matter is that other conditions, secondary indeed, but just as necessary and important as the tubercle bacilli, must intervene before the invading tubercle bacilli can thrive in the suprarenal bodies. Exceedingly forceful in demonstrating this very thing is the hypothetical example mentioned by Sahli, that of a child who has been slapped in the face once by its teacher, and who develops soon after a tubercular meningitis. At once the family concludes that the slap in the face was the cause of the tubercular meningitis, hence a lawsuit for damages. "This lawsuit," says the defendant, "is ridiculous. Everybody knows that without tubercle bacilli, there is no tuberculosis, that if a tubercular meningitis develops, the child must have had tubercle bacilli in his organism previous to the slap in the face, that slaps in the face are given every day without there occurring a tubercular meningitis, that finally there is no more relation between a slap in the face and tubercular meningitis than there is between a belly-ache and the moon." "All this may be very well," says the plain-

tiff, "but the fact remains that the child was well before, that he got sick soon after the slap in the face, consequently had he not been slapped in the face, he would not have developed a tubercular meningitis." And no one will be able to convince the plaintiff to the contrary. He sees one cause: this cause suffices to explain the whole thing. He does not see, or does not want to see, that besides this apparent cause there are many others, in fact, more important, without which a tubercular meningitis would never have developed, and that in this particular case the slap in the face was merely a coincidence.

And so it is for the etiology of Graves' disease. Of course the thyroid lesions still play the predominating role in the development of the disease. But this is not all; other conditions intervene; other factors play their part too, such as the nervous system, and the organs of internal secretion. It is for this reason that I shall say that Graves' disease is a *thyro-neuropolyglandular disease*.

Let us proceed to try to demonstrate successively and separately the three members of that proposition:

A, The thyroid origin.

B, The nervous origin.

C, The polyglandular origin.

A. Thyrogenetic Origin of Graves' Disease.—Arguments in favor of the thyrogenetic origin of Graves' disease are among the most numerous; they are derived from *clinical observation*, from *pathology*, from *experimentation*, and from the *results of surgical treatment*.

1. It was because he was struck by the antithesis which existed between the clinical symptoms observed in thyroid insufficiency and those seen in Graves' disease that Moebius concluded that the latter condition was due to a hyperfunction of the thyroid. Indeed, one cannot but be impressed in the same way after glancing over the masterful synopsis made by Kocher in 1902. It takes the two opposite conditions at their worst, and reads as follows:

HYPOTHYROIDISM.

Absence or atrophy of the thyroid gland.
Slow, regular pulse of small volume.
Absence of hot flashes, sensation of cold.
Indifferent, expressionless and lifeless look.
Small palpebral fissure, small eyes.
Bad appetite, slow digestion, constipation.

HYPERTHYROIDISM.

Diffuse hyperplasia of the thyroid.
Hypervascularization.
Rapid pulse, rather increased pressure, sometimes irregular.
Marked vasomotory disturbances. Patient is always too warm.
Very anxious, exceedingly mobile look with a rapidly changing expression.
Wide palpebral fissure and exophthalmos.
Often increased appetite; vomiting, diarrhea.

HYPOTHYROIDISM.

Reduced metabolism.
 Thick, cold, dry, scaling skin.
 Short, thick fingers with thickened terminal phalanges.
 Great tendency to sleep.
 Reduced sensibility and diminished sensory impressions.
 Diminished mental and intellectual power.

Awkwardness and slow actions.
 Stiffness of the extremities.
 Short, thick, often deformed skeleton.
 Slow, deep, respiration.

Increase in weight.
 Old appearance of the patient, even though young in years.

HYPERTHYROIDISM.

Increased metabolism.
 Thin, warm, soft, moist skin, no scaling.
 Long, thin fingers with pointed phalanges.

Insomnia and disturbed sleep.
 Increased sensibility and increased sensory impressions.
 Increased mental and intellectual activity, great psychic excitement, hallucinations, mania, and melancholia.
 Restlessness and haste in movements.
 Tremor but marked agility in movements.
 Thin, slender skeleton.
 Superficial, rapid, and slightly irregular respiration.
 Loss of weight.
 Rather youthful appearance, especially in the early stage of the disease.

Furthermore, Kocher found that phosphates are beneficial to hyperthyroidism, but are harmful to hypothyroidism; that a sojourn in high, cold climates is beneficial to hyperthyroidism, but harmful to hypothyroidism; that a sojourn at the sea is harmful to hyperthyroidism, but helpful to hypothyroidism. Certainly the antithesis between all these symptoms is forceful and speaks strikingly not only in favor of the thyrogenetic origin of the disease, but also in favor of the hyperthyroidism theory.

2. The fact that thyroid feeding is most injurious to the great majority of cases of Graves' disease, and produces, as a rule, only exacerbation of all the symptoms, must be interpreted as another proof of the thyrogenetic origin of Graves' disease, and of the hyperthyroidism theory. Since in hypothyroidism the feeding of thyroid extract is curative, it is logical to consider the bad results obtained from thyroid feeding in Graves' disease as directly due to the increased amount of thyroid secretion in an already saturated organism.

3. In cases where thyroidectomy has been performed in view of remedying the thyrotoxic condition, if a relapse of symptoms occurs, there is, too, a relapse of the goiter, and *vice versa*; hence another proof in favor of the intimate relation of the goiter with the clinical symptoms of the disease.

4. Another powerful argument is derived from the clinical observation that in many cases of secondary thyrotoxic goiters one can follow a gradual transition in the intensity of the symptoms going from the slightest form of thyrotoxicosis to the most fully developed picture of Graves' disease. Anyone who has had experience with goiters knows

that this sliding of the scale is quite frequent. As Wölfler says, "It is easy to go progressively from a simple goiter to a well-marked case of Graves' disease, as for instance, goiter with tachycardia; goiter with tachycardia and tremor; goiter with tachycardia, tremor, and exophthalmos; goiter with tachycardia, tremor, exophthalmos, and digestive disturbances, etc., until we get the complete clinical picture of Basedow's disease." These cases, no matter if they are fully developed, or constitute only the fruste forms of Graves' disease, all recognize the same etiology; they are all dependent upon the thyroid intoxication.

5. Another proof in favor of the hyperfunction of the thyroid is the fact that exophthalmic goiter seldom occurs in regions where goiter is endemic, namely, where the thyroid is permanently and endemically in a state of hypofunction. Even when such endemic goiters become overactive, the worst they can do is to give birth to mitigated forms of hyperthyroidism such as thyrotoxic goiter-heart, nervousness, etc. They seldom reach the fully developed thyrotoxic clinical picture. As soon, however, as we consider regions where goiter is not endemic or mildly so, where consequently the thyroid gland has retained its full functional capacity, there Basedow disease becomes very frequent and severe in its forms.

6. If in order to obtain shrinkage of the gland, the thyroid is attached to the integuments by the operative measure known as *exothyropexy*, it is found that the thyrotoxic goiters show a far greater secretion than the simple goiter, hence the conclusion that the thyrotoxic goiter functions more than the simple one is obvious.

7. The fact, on the one hand, that a sudden hemorrhage occurring in an already existing colloid or cystic goiter will cause marked thyrotoxic symptoms, such as palpitation, great nervousness, tremor, gastrointestinal disturbances, insomnia, and even sometimes a moderate exophthalmos; and, on the other hand, the fact that all these symptoms will subside, as resorption of the hemorrhage goes on, and will finally disappear when the goiter has returned to its quiescent state again, or on the contrary, will increase progressively into a true case of Basedow's disease when the thyroid does not quiet down, all go to show that there is a relation from cause to effect between the pathology of the thyroid and Graves' disease.

8. The fact that Basedow's disease is found with an acute thyroiditis is another proof of the thyrogenetic origin of Graves' disease. This question will be discussed later in considering the relation between thyroiditis and Graves' disease.

9. The coexistence of thyrotoxic symptoms with malignant goiter has long since been known. Already in 1871 Tillaux mistook a sarcoma of the thyroid for an exophthalmic goiter. Carrel, out of 83 malignant

goiters found 26 showing unmistakable thyrotoxic symptoms. Poncet and Bouveret saw a malignant goiter with a complete clinical picture of Basedow's disease, exophthalmos included. Delore and Alamartine, Kocher, and myself have seen similar cases.

The thyrotoxic symptoms occur either after metastases have taken place or before. If they occur only after the tumor has metastasized, since we know that malignant metastases of thyroid tissue always retain their physiological secreting power, then it is logical to conclude that the symptoms of hyperthyroidism are due to the increased functioning surface due to the malignant tumor plus its metastases. If thyrotoxic symptoms occur before metastases have taken place, the hyperfunction may be due to the fact that the malignant portions of the tumor irritate the remaining normal glandular tissues and incite it to hyperplasia in the same way that intraglandular hemorrhage does: hence symptoms of hyperthyroidism as we see them sometimes after hemorrhage in simple non-toxic, cystic, or colloid goiters.

Pathological Arguments.—It is not enough to support our conclusions with clinical data. No matter how strong these clinical proofs may be, they alone would not carry conviction as well as they would if they were supported by convincing pathological evidence. Let us see what pathology teaches us.

We have seen in the Chapter dedicated to Basedow Struma that hyperplasia of the thyroid is one of the most constant findings in thyrotoxicosis, so constant that Kocher has said, "No goiter, no Graves' disease." It is indeed true that in the great majority of cases an enlargement of the thyroid is present. As a rule it is obvious. It would be a mistake, however, to believe that thyrotoxicosis necessarily means that thyroid hypertrophy is always clinically detectable. There are cases of thyrotoxicosis, even very severe ones, with only a slight hyperplasia or none at all. In a great many cases, this hyperplasia, which is clinically "apparently" absent, is nevertheless present. This is proved time and time again because at the time of the operation the gland is found to be larger than normally. Furthermore, it must not be forgotten that hyperplasia of the thyroid in Basedow fluctuates with the stage of the disease itself, that the time when the patient comes for examination may be very well the period in which hyperplasia is in its incipient stage, or in which the thyroid has returned to its quiescent state, or is undergoing atrophy: hence the impression then that there is no enlargement of the thyroid. If, however, a careful history is taken, one will almost always learn that at one time or another there was some enlargement. So far, so good. But there is better. We have seen that the microscopic changes in the gland are characteristic of Graves' disease; and that hypertrophy and hyperplasia of the cellular elements, thinning of the

colloid, more or less marked desquamation and cytolysis, and the presence of foci of lymphoid tissue throughout the parenchyma are its chief characteristics. These changes have been found by such a great number of authors that they certainly cannot be considered as merely accidental; they must bear a direct relation to the clinical syndrome of Graves' disease. Before we have the right, however, to consider these histological changes as specific for Graves' disease, we should prove that these changes occur: (1) constantly in that condition; (2) that they occur in no other condition but Graves' disease. So far as the first condition is concerned, we have concluded with L. B. Wilson (loc. cit.): "By assuming that the symptoms of the true exophthalmic goiter are the results of an excretion from the thyroid, and by attempting to determine the amount of such excretion from the pathological data, one is able to estimate in a large series of cases the clinical stage of the disease with about 80 per cent. of accuracy, and the clinical severity of the disease with about 75 per cent. of accuracy. It would therefore appear that the relationship of primary hypertrophy and hyperplasia of the parenchyma of the thyroid to true exophthalmic goiter is as direct and constant as is primary inflammation of the kidney to the symptoms of Bright's disease. Any considerable finding to the contrary I believe to indicate either inaccurate or incomplete observations on the part of the pathologist or clinician, or both."

We have further seen that even if there is no appreciable macroscopic hypertrophy of the gland, these typical histological changes just spoken of could be found either diffusely distributed throughout the parenchyma or in the isolated areas, provided one takes the trouble to make seriated slides. The few rare cases of thyrotoxicosis where no histological changes are present, must most likely depend upon the disturbance of some other organs of internal secretion, as the thymus, for instance.

So far as the second proposition is concerned, we must admit, too, that similar histological changes may once in a while be met outside of thyrotoxicosis in the form of adenomatous formations. But we must not forget that *similar* does not mean *identical*, and that it is by no means certain that the function of such adenomatous formations as are sometimes seen in non-toxic conditions is identical with that one of the hyperplastic epithelium seen in thyrotoxicosis. Even suppose that it were, then it very likely constitutes only one of the many "preparatory conditions" without which the disease cannot develop, as it requires more than the mere presence of the tubercle bacilli to cause tuberculosis.

On the whole, we can consequently admit that these anatomical changes in the thyroid are specific of the disease.

Experimental Arguments.—Experimentation, too, has furnished its contingency of proofs in favor of the thyrogenetic origin of Graves'

disease. Although a number of attempts to reproduce experimentally in animals the clinical syndrome of Graves' disease have proved failures, nevertheless, a great many other investigators, whose authority and scientific honesty cannot be questioned, have succeeded where others have failed. The doubt as to the feasibility is no longer permissible.

Injected subcutaneously or given by mouth, thyroid extracts have more or less the same influence on *thyroidectomized animals*: trophic disturbances gradually disappear, myxedema becomes less marked, the skeleton grows again, metabolism increases, the blood formula reverts to its normal type, and in short, the animal gradually becomes normal. This thyroid opotherapy is not only beneficial, but is also necessary because if it is not kept up, the animal sinks again into its previous myxedematous condition. On the other hand, fed to *normal animals* in overdoses or for too long a period of time, the thyroid extract becomes harmful. Tachycardia, tremor, dyspnea, extreme agitation, brilliancy of the eyes, fever, polyuria, and in many instances, exophthalmos are the results. Why such a difference? Because to the first series of animals we have given them something they had not, something they needed. To the second, we have added a surplus of thyroid product when they already had plenty of it; we have saturated their organism with it, and it is that surplus which has become injurious. Experiments proving such contention are numerous. Not only can we reproduce the whole clinical syndrome, but also the characteristic changes in the blood, such as leukopenia, hyperlymphocytosis, hyperpolynucleosis, diminished viscosity and coagulability of the blood, etc. Ballet and Enriquez have obtained the thyrotoxic syndrome accompanied by exophthalmos, after daily intravenous injection of thyroid products into animals. Krauss and Friedenthal, injecting intravenously into rabbits the thyroid products dissolved in salt solution, observed the thyrotoxic symptoms characterized by rapid pulse, nervousness, tremor, exophthalmos, widening of the palpebral fissure, and dilatation of the pupils. Tedeschi obtained in dogs the complete clinical picture of Basedow's disease, namely, tachycardia, exophthalmos, and goiter by the same process. Cunningham and Hoennicke, experimenting upon rabbits, and Edmunds, upon a monkey and dogs, have, too, reproduced the clinical syndrome of Graves' disease with exophthalmos. Baruch, in 1912, used for his experiments non-toxic parenchymatous and colloid goiters. Soon after removal these goiters were ground finely so that they could be injected subcutaneously or into the peritoneal cavity. With this method he reproduced experimentally in dogs, rabbits, rats, a typical Basedow's disease characterized by nervousness, emaciation, loss of hair, diarrhea, tachycardia, glycosuria, typical blood changes, and in a few instances marked exophthalmos. Three of such dogs with exophthalmos were shown by

him before the Breslau Surgical Society. One of these dogs as the result of lagophthalmos developed an ulcer of the cornea.

Luthi and Verebeli, after producing artificially a congestion of the thyroid gland, were able to observe in the thyroid the typical histological changes which are so characteristic of Graves' disease. They observed at the same time tachycardia and an increased excretion of nitrogen and phosphorus.

But the experiments carrying with them the greatest conviction were undertaken by Klose in 1909. Convinced that the unsuccessful attempts made by others to obtain the fully developed clinical symptoms of Graves' disease were due to the fact that dried and powdered gland had been used, which had most probably lost many of its properties, he used the thyrotoxic goiters in their fresh state as soon as they were removed surgically from patients. These glands were submitted to a squeezing process and the juice so obtained, called *Press-saft* or "*Pressed juice*" was then injected into the jugular vein of dogs and without anesthetic. Klose found that the best results were obtained whenever he used "highly nervous fox terriers." Soon after the intravenous injection the blood-pressure sank from 100 to 85 millimeters of mercury. The tachycardia became exceedingly marked, pulse was at times scarcely countable, respiration became irregular, tremor, sweating, gastro-intestinal disturbances were very pronounced, fever rose high, and exophthalmos in many instances became very apparent. Albumin and sugar were found. The typical blood changes were present. This condition lasted for a few days, then subsided and the dogs became normal again. These experiments undertaken on a large number of dogs always showed the same constant results. The intensity of the symptoms observed was dependent upon the toxicity of the *Press-saft* as shown by the clinical symptoms: the most intense toxic symptoms were produced by the *Press-saft* from primary thyrotoxic goiters. The secondary forms or Basedowified goiters were less toxic. The toxicity of this *Press-saft* gradually diminished after standing, and after a period of five or six days became powerless. Mechanical shaking, drying of the gland, heating of the juice, destroyed very quickly its toxicity. If to a normal thyroid or goiter which proved itself non-toxic, a solution of iodide of potash was added, the toxicity of the *Press-saft* at once became apparent, lasted for a few days and then disappeared. In injecting enormous doses of *Press-saft* from non-toxic goiters or from other organs such as the liver, etc., Klose was unable to obtain the Basedow symptoms.

Efforts, although few, have been made in order to demonstrate in the blood the existence of some toxic substances which would exist only in Graves' disease and in no other condition, and which might be regarded as of thyroid origin. Most of these tentatives have been fruitless; not

all of them, however. There is no doubt that more investigation should be made in that direction, and that with appropriate laboratory methods, we shall be able to isolate many of these substances some day.

That there exists in the blood serum of Basedow patients a substance which produces a marked cardiac depression is certain. Gley, in 1911, observed that each time a serum of Basedow patients was injected into animals, there was at once a marked depression in the blood-pressure, lasting, it is true, only for a short time, but nevertheless constant. He showed, too, that a first injection of potent exophthalmic serum conferred a tolerance of such nature that subsequent injections of the same serum produced little or no effect. Blackford and Sanford have repeated Gley's experiments and have obtained the same results. Hence the conclusion that the blood serum of Basedow patients contains a powerful *depressor substance*. This depressor substance is not only present in the serum of Basedow patients but is also present in the thyroid gland itself, and its depressive power is in direct proportion to the severity of the disease. In simple non-toxic goiters this substance is not present at all.

The acetonitrile test of Reid Hunt was applied to the serum of Basedow's disease. It is known that with this method, mice which have been fed with thyroid extract become at least ten times more resistant to acetonitrile than the controls, hence the conclusion that blood serum, if it truly contains thyroid products in excess, should render mice treated with it more resistant to acetonitrile than normal mice. This experiment has been performed and the results show that the surmise was correct; indeed the blood serum injected into guinea-pigs rendered them also much more resistant to acetonitrile than the control. Hence the warranted conclusion that blood serum of Basedow patients contains an excess of thyroid products.

Finally, Arno Ed. Lampe, experimenting with the Abderhalden method upon the blood of twenty-five Basedow patients, came to the conclusion that this blood contains thyroid, thymic, and even ovarian principles which do not exist in normal individuals.

Arguments Derived from Thyroid Opothrapy in Human Beings.—But besides all these experiments in animals, there is a whole series of clinical observations in human beings which have the full value of experiments, and which show, too, that there is a direct relation between the thyroid and Graves' disease. These results are seen when a prolonged and injudicious opotherapy is resorted to.

In a myxedematous patient who had ingested 92 grams of thyroid extract, Beclere noticed a marked tachycardia, tremor, exophthalmos, rise in temperature, increased perspiration, etc. Boynet reported the case of a student who during a period of eight days absorbed 6 to 8 thyroids of sheep daily. He soon developed swelling of the thyroid,

palpitation, tremor, and extremely advanced nervous condition which subsided only after the medication was stopped. Combe reported the case of Gagnebin who, while a medical student, absorbed daily one lobe of sheep's thyroid for a period of about two weeks. At the end of that time, palpitation had become violent, fever and abundant sweating were present, tremor was so intense that he could not rise nor carry his food to his mouth, and exophthalmos had become very marked; the experiment was interrupted and the symptoms gradually subsided. Nothaft reports a very demonstrative case of a man who was in good health and who undertook, on his own initiative, to take in a few weeks a thousand thyroid tablets of five grains each in order to reduce his obesity. He developed the typical Basedow with goiter, exophthalmos, tremor, sweating, loss of flesh, and glycosuria; the medication was stopped and ten months later the patient was normal again. Ferrarini saw the case of a woman who had taken thyroid as an antifat cure; she had taken 6 to 8 tablets of thyroid daily for two months. After that time she lost 8 kilos, complained of vertigo, palpitations, and insomnia. She nevertheless increased the quantity of thyroid and then became very nervous, pulse 150, diarrhea alternating with constipation, psychic disturbances, hallucinations, etc. Kocher saw that the return to normal of the blood of a myxedematous patient followed directly the improvement of the patient's condition. When the patient was clinically cured, the blood formula was normal. If overdoses of iodothyron were given, the typical changes of the blood would recur, accompanied this time by diminished coagulability of the blood and by thyrotoxic symptoms such as tachycardia, nervousness, tremor, etc. Is it possible to give a more striking proof that myxedema is due to hypothyroidism, and Graves' disease presumably to hyperthyroidism?

A greater number of cases could be cited to prove the same contention, and every surgeon who has had dealings with the goiter question, has, more than once, seen patients who on account of a prolonged and injudicious use of thyroid extract or iodine, had converted a simple non-toxic goiter into a thyrotoxic one.

French undertook to study the comparative toxicity of different tissues in animals susceptible to thyroid feeding, the object being to discover whether the effects of commercial thyroid extracts when administered, are specific or whether similar effects could be produced by other animal tissues prepared and administered in the same way; "Whether the toxicity is due to products of decomposition, or whether it is due simply to the great amount of proteid matter ingested by an animal unaccustomed to such a diet." His conclusions were as follows:

1. Thyroid in the forms used, fresh, stale, and desiccated, either commercial or laboratory prepared—contains a substance that is decidedly toxic for some animals.

2. The other animal tissues used, brain, liver, spleen, kidney, and skeletal muscle, give no evidence of toxicity when prepared and fed in the same way in equal or even larger quantities.

3. While the study does not indicate the nature of the toxic substance, it would seem to show conclusively that it is not due to protein in the food. This seems to prove conclusively that the toxic symptoms found are peculiar to the thyroid and to no other organs.

Massage of a non-toxic goiter, as shown by Brieger; radiotherapy, as shown by Chvostek, De Castello and Schmidt; electrical treatment, as seen by myself, have at times, by stimulating the thyroid gland, produced an exophthalmic goiter.

It cannot be denied that all these experiments carry with them great weight which, added to that afforded by the clinical and pathological data, becomes singularly powerful.

Surgical Argument.—The best of all the arguments in favor of the thyrogenetic origin of Graves' disease is given by the results of surgical treatment. The number of cases treated by this method now reaches well into the thousands; we have consequently plenty of material to draw our conclusion from. As seen in studying the results of surgical treatment, this latter method produces 50 to 85 per cent. of the cures in fully developed cases of Graves' disease and nearly 100 per cent. in the ones taken in their development. Now, no matter how little value one attaches to statistics, he cannot but be impressed by these figures. We have seen, too, that x -rays, radium, injection of boiling water, etc., in short, any method intended to directly attack the thyroid gland in itself, with the purpose of reducing its size, and hence of reducing its function, produces good results, although temporary, as a rule. Why should it be so if there were no direct relation between Graves' disease and the thyroid, and why should it be so if the relation were not an intimate one? This is so true that Riedl has said, "We would cure all Basedow cases if we could be allowed to remove the entire thyroid gland." How often have we surgeons marvelled at the magic effect of a simple ligation or a thyroidectomy upon numbers of cases of Graves' disease which had resisted every medical treatment. I know very well that unfortunately it is not so for every case, because the etiology of Graves' disease is a most complex one, as we shall see later. But the fact nevertheless remains that in the great majority of cases the thyroid must be the main guilty factor, because by removing a part of it we not only put a stop to the progress of the disease, but also cause its regression. In the early stages the effect is rapid and sure. In the later stages the result will depend upon the damage done to the nervous system, to the glands of internal secretion, to the heart, kidneys, liver, etc. We cannot expect, of course, to restore to normal a permanently diseased organ. And yet even in

advanced cases the surgical treatment is beneficial; rarely does it remain without effect.

It has been said that the good results due to the surgical treatment are of psychic order. It may be partially so in a few cases of Graves' disease complicated with hysteria, but this is certainly not the rule. The results we attain are in direct proportion to the quantity of thyroid gland put out of function. Why should it be so strikingly constant if our results were due to psychic interference? As Crile says very properly, "If psychic influences can cure the disease, then the surgeon alone possesses this influence because all surgical cases have been unsuccessfully treated by internists first. This compliment to the superior psychic power of the surgeon, unhappily we cannot conscientiously accept, because the surgeon is unable to favorably influence his patient except at the time of his contact with the patient on the operating table, and at that time his patient is unconscious."

It has been said, too, that the good results obtained by surgical treatment were due to the forced "rest in bed." How many patients do we not operate who have been taking in vain the "rest-cure" for months and years under the direction of possibly the best internists? Why should we accomplish in two or three weeks what internists failed to obtain in months and years of the same "medicine." The argument is poor indeed.

If we consider all the evidence gained from the clinical pathological, experimental and therapeutic data with a fair and unprejudiced mind, we are bound to recognize that the first member of our proposition made in the beginning of the chapter, namely, that Graves' disease is a thyrogenic disease is abundantly demonstrated. Although I am willing to admit that the "irrefutable, peremptory argument" is not yet at hand, and that the one which might be considered as such, as the experiments of Klose, should be confirmed, nevertheless the weight of "circumstantial evidence" is so strong that I am sure that there is no jury in the world which would let a criminal go free on the evidence of charges similar in strength. Coupled with the excellent results which we obtain with surgical treatment, this evidence will still lead us to proceed in the same line of treatment until we get something better, and no matter what the adversaries of the thyrogenetic theory say, we will repeat with Galileo, "E pur si muove."

B. Nervous Origin.—Let us discuss the second member of our proposition, that as to the *nervous origin*. As we know, there are some authors who consider the central nervous system as the cause of exophthalmic goiter, and others who regard that disease as a neurosis similar to the one seen in hysteria and epilepsy; while some authors believe that its origin is primarily due to a disturbance of the sympathetic system, and again,

some others, to such of the vagus system. Then, too, others consider it only as a reflex due to some irritating influence taking its origin in the uterus, intestines, etc.

That the glands of internal secretion in general are directly influenced by the central nervous system is abundantly proved. For example, the puncture of the fourth ventricle causes diabetes, and the irritation of the subthlamic region causes an increased function of the adrenals, as shown by Ascher. The section of the restiform bodies, according to Filehne and Warburton, causes hyperemia of the thyroid gland, exophthalmos, tachycardia, etc. In certain psychoses, in neuroses, in catatonia as shown by Roenfeld, Kaufmann, Paganini, the metabolism is greatly disturbed, the nitrogen excretion is greatly diminished, and the phosphorus and calcareous elimination greatly increased. The same is true in Graves' disease.

We must therefore recognize that the nervous system plays a very important part in exophthalmic goiter; whether this influence is primary or secondary is, however, another matter.

To be sure, in Graves' disease the nervous system is unstable. There is a certain train of nervous symptoms such as emotionality, irritability, restlessness, instability, which forms an integral part of the clinical syndrome of that condition and which is just as typical of the disease as tachycardia, tremor, exophthalmos, etc. These nervous symptoms are sometimes the dominant feature in the whole syndrome. To consider them, *a priori*, and always as the primary cause of the disease seems to me, however, quite premature. We have nothing at hand to substantiate this conclusion; we have very much against it. Moreover, experiments show that the nervous symptoms follow administrations of thyroid extract and not precede it. I know too well, and I have admitted it previously, that an unstable nervous system is a "predisposed terrain" on which thyrotoxicosis might easily graft itself. When I see certain young, nervous, irritable, and unstable, individuals, I cannot help but look upon them as future candidates for Graves' disease. Possibly you will say that this is the best proof that the disturbed nervous systems of such individuals is primarily the cause of their thyrotoxicosis. "Post hoc, ergo propter hoc." Possibly so; I am willing to admit that it can be so sometimes, but in many other instances, might it not be that a number of these cases of irritable and unstable nervous equilibrium are only latent forms of hyperthyroidism which go unrecognized, and which may never go any further or which may some day explode into a typical Graves' disease? In fact I know that in some cases it is so, as I have operated on some such cases with the most gratifying results.

In studying the nervous symptoms in connection with Graves' disease we came to the conclusion that the other forms of nervous dis-

turbances as melancholia, psychoses are purely accidental. They must be considered as associated complications grafted upon a predisposed terrain; heredity, psychic as well as physical stigmata, are found in the psychoses non-complicated with Graves' disease just as well as in thyrotoxicosis complicated with mental disturbances and psychoses. We have seen, too, that Graves' disease supervening in such predisposed terrain is bound to favor the eclosion of psychoses, and *vice versa*; thyrotoxicosis will evolve more easily in individuals whose nervous system is already unbalanced. There is no need to insist further.

Great stress is laid by the partisans of the nervous theory of Graves' disease upon the element of fear, psychic shock, fright, etc., in order to prove the nervous origin of Basedow's disease. It is true that there are cases of Basedow's disease whose incipency has been very sudden. Trousseau, for instance, reports the case of a woman whose father died, and who from sorrow developed in the space of a night, a true case of Graves' disease with exophthalmos, vascular goiter, etc. Dieulafoy saw a woman who, after violent emotion, developed very rapidly an exophthalmic goiter. In such cases there seem to be no doubt that the nervous system is the primary cause of the trouble. These lightning forms, however, are rare. They nevertheless, carry great evidential weight with them as they show that there exists an intimate relation between the thyroid and the nervous system, and that Graves' disease may take its origin in a primarily disturbed nervous system.

There is another class of cases, however, where the starting-point of the disease is referred to a psychic shock due to a runaway horse, an automobile accident, railroad wreck, etc., but there thyrotoxicosis has become noticeable only weeks or months after the occurrence. For these cases the nervous origin of Graves' disease is more doubtful, because the time elapsed from the accident to the development of the disease is quite long. It must not be forgotten that if one goes into the history of these cases carefully, one will usually find that long before the accident occurred there was a latent period during which a few Basedow symptoms were already present. They may have been only barely sketched; that is enough: the nervous system of these patients had already lost its normal equilibrium, hence the ease with which the shock of psychic order affected it. Indeed, one cannot but be impressed by the fact that often the psychic shock to which the origin of the disease is ascribed is truly insignificant; at any rate would be insufficient to upset a normal nervous system. Why is it so? Either because at the time of the accident the disease was already in a period of incubation, so that the psychic shock shaped it into its definite form and intervened as the "puller of the trigger," or because this nervous system was in ordinary conditions unstable and barely able to hold its equilibrium, and only

required an insignificant cause to tip it over the border-line. This latter possibility appears that much the more plausible since Klose, in order to obtain the best results in reproducing experimentally the clinical picture of Graves' disease, resorted to highly nervous fox terriers. It is further corroborated by the fact that the same shock will affect one, and not another. For instance, did all the survivors of the Titanic disaster develop Graves' disease? Not by any means, yet they all underwent the same ordeal.

Aside from a few exceptions, it must be further positively proclaimed that in the great majority of cases of Graves' disease psychic shock cannot be accused of being the causative factor simply because it was not present. Surely no one is going to claim, for instance, that all the secondary or Basedowified goiters are of psychic origin, that a runaway accident, or a railroad wreck, is at the bottom of all the primary forms of Basedow's disease, or that a scare by a burglar, or a rape by a negro, is responsible for the cases of Graves' disease following acute infections, acute thyroiditis, and furthermore, that disappointed love must be looked for in all the cases of Graves' disease occurring at the time of puberty and menopause. In the great majority of all these cases there is no apparent cause at all for the development of the disease. To claim that these cases are primarily of nervous origin is simply to make a statement founded upon no proof.

Vegetative Nervous System.—The vegetative life is under the control of two great nervous systems, the sympathetic and the autonomic; the latter comprises chiefly the oculomotors, vagi, and the pelvic nerves. In normal conditions these two systems are antagonistic; what one accelerates, the other moderates, and *vice versa*; for instance, the cardiac action is accelerated by the sympathetic and diminished by the vagus system; intestinal peristalsis is paralyzed by the sympathetic and accelerated by the vagus system. The welfare of the organisms depends upon the harmony and intelligent working of the two systems; as soon as one of them becomes aggressive and overdoes, then the equilibrium is broken and disturbances follow.

The same system, be it sympathetic or vagus, contains acceleratory and moderatory fibers. For example, besides cardiac acceleratory fibers, the sympathetic contains cardiac moderatory fibers, and besides moderatory fibers, the vagus contains also acceleratory fibers. It is true that the acceleratory fibers found in the vagus and the moderatory fibers contained in the sympathetic are far less numerous than their antagonists, yet they exist, and must come into play in some way or another. This shows that the same system can be acceleratory and moderatory at the same time, a fact very important to remember, as it shows that the duality of function of an organ is possible. This dual function most

likely occurs through the influence of hormones acting electively and exclusively upon each set of fibers.

This notion of "duality of function" of the same organ is an exceedingly important one to remember. It must be safe to say that the nervous system cannot be the only one to have this peculiarity, but that other organs must certainly share the same property. This must be especially true for the organs of internal secretion. And so it is. As shown by Eliot, small doses of adrenalin produce a vasodilatation of the blood-vessels, whereas in higher doses it produces a vasoconstriction. Pituitrin increases the contractions of the gravid uterus of a rabbit, whereas it paralyzes the non-gravid. Iscovesco isolated from the glands of internal secretion various lipoids, each one possessing a definite property, although coming from the same gland; in that case the function instead of being dual may be manifold. This principle being accepted, at once the horizon widens and facts which at first seemed to contradict themselves, as for instance the simultaneous presence of hypothyroidism and hyperthyroidism symptoms become intelligible.

Excitation of the sympathetic nerve causes tachycardia, exophthalmos, alimentary glycosuria, enlargement of the palpebral fissure, and increased metabolism. On the other hand, excitation of the vagus causes sweating, vomiting, diarrhea, lymphocytosis. Adrenalin produces the same effect as does the excitation of the sympathetic, namely, an excitatory action whenever the sympathetic fibers are excitatory, or paralyzing whenever they are inhibitory. On the other hand, small doses of pilocarpine or muscarine stimulate the vagus system; at the same time they stimulate the sympathetic fibers which supply the sudoriparous glands. Atropin paralyzes the vagus system and the sympathetic fibers supplying the sudoriparous glands.

Since by feeding animals or human beings with thyroid extracts, we obtain results which resemble very much the ones seen after the administration of pilocarpine or muscarine, such as vomiting, diarrhea, lymphocytosis, eosinophilia, sweating, respiratory disturbances, etc., it is logical to conclude that there exists in the thyroid, substances, or better, *hormones*, whose effects are similar to that of pilocarpine, and which act electively upon the vagus system. Furthermore, since a number of other symptoms seen in Graves' disease are exactly similar to the ones obtained by irritation of the sympathetic, such as tachycardia, alimentary glycosuria, enlargement of the palpebral fissure, exophthalmos, increased metabolism, etc., and since the ingestion of thyroid extract produces the same troubles, it is rational to conclude that either the thyroid contains one or more hormones acting electively upon the sympathetic system, or that the thyroid hormones act upon other organs such as the suprarenal bodies, whose adrenalin then influences the sympathetic system.

But there is something more. Small doses of pilocarpine which in normal individuals will have little or no effect, may produce intense symptoms in other individuals, hence the conclusion that the vagus system of the latter subjects is normally in a state of *hypertonus* because an excitant, which normally would remain without effect is sufficient to cause in them marked symptoms. Hesse and Eppinger say that these individuals whose vagus system is in a state of constant hypertonus are *vagotonic*, and call *vagotrope* the substances which act upon the vagus system. These vagotonic individuals are normally sensitized to vagotropic substances; at the same time they remain more or less refractory to substances which ordinarily act upon the sympathetic system.

The same is true for the sympathetic. Substances which in normal individuals will cause little or no effect upon their sympathetic system, will prove very active in certain other individuals. Again, according to Hesse and Eppinger, the sympathetic system of the latter individuals is in a state of constant hypertonus; these individuals are *sympatheticotonic*, and the substances which act upon the sympatheticotonic individuals are sensitized to *sympatheticotrope* substances. At the same time in such individuals the vagotrope substances given in large doses remain without effect; they, too, seem to be inhibited. The vagotonus is determined by the excess secretion of the vagotrope hormones accompanied at the same time by a diminished secretion of the sympatheticotrope hormones. The sympatheticotonus is caused by an excess secretion of the sympatheticotrope hormones accompanied at the same time by a diminished secretion of the vagotrope hormones.

The thyroid consequently contains sympatheticotrope and vagotrope hormones. In Basedow's disease both varieties of hormones are increased and both act electively upon the sympathetic and vagus systems, hence the mixed symptoms taking their origin in the sympathetic as well as the vagus disturbances. The fact, being admitted with Eppinger and Hesse, that there are patients who are normally vagotonic or sympatheticotonic, it will naturally follow that in such individuals some of the thyroid hormones will center their effects mostly upon the already sensitized system: if the vagus, for instance, happens to be the one which is in constant hypertonus, vagal symptoms will be more marked than the sympathetic ones, hence we will have marked vomiting, diarrhea, sweating, etc., whereas, on the other hand, if the sympathetic is the one already sensitized, the poisonous hormones of the thyroid will center their effect mostly upon that system, hence the predominance of tachycardia, exophthalmos, glycosuria, etc. Purely vagotonic or sympatheticotonic cases are rare; as a rule they are mixed. Consequently the degree of vagotonicity or sympatheticotonicity of the organs will to a certain extent determine the nature of the thyrotoxic syndrome and

its intensity, hence the explanation why thyrotoxic cases are not all alike, and why the entire symptom-complex of Graves' disease is not always met in one case. Thus it will be understood that it is not necessary to have a large goiter in order to have a severe Basedow, if one happens to be normally vagotonic or sympatheticotonic or both. Thus it will be understood too, that it is not necessary that the whole gland be hyperplastic, but that isolated areas of localized hyperplasia will suffice to cause the thyrotoxic syndrome, because these areas will send what Kocher in the forethought of his genius called, "Basedow impulses," and which are nothing else than lipoids acting electively upon already sensitized organs. Thus this will finally, to a certain extent at least, as other factors intervene, afford a reasonable explanation for the fruste forms of Graves' disease.

Let us conclude: The nervous system takes in the production of Graves' disease a very active and important part. Although the nervous system may in a few cases be primarily affected, in the remainder of the cases it is only secondarily involved.

C. Polyglandular Origin.—This is the third member of our proposition. If one takes a bird's-eye view of the symptoms due to disturbances of each one of the organs of internal secretion separately and compares them with each other, besides the typical and characteristic symptoms due to the pathology of the gland itself, there is a train of secondary symptoms which occurs in almost every disturbance of these organs. Example: Suppose we deprive a young woman of her ovaries: besides the complete amenorrhea and loss of sexual appetite, we shall observe hot flashes, sweating, palpitation, moderate tachycardia, nausea, glycosuria, vomiting, nervousness, cutaneous eruptions, depressive states, and sometimes temporary insanity. And again, take Addison's disease, for instance; there, too, besides profound myasthenic symptoms characterized by an intense feeling of excessive fatigue, going sometimes into a state of complete adynamy, and besides melanodermy, there is a group of more general symptoms present, such as complete loss of appetite, vomiting, diarrhea, alternating sometimes with constipation, polyuria, and polydipsia, headache, loss of sleep, nervousness, states of depression, low blood-pressure, flabby heart, irregularity of menstrual function, and sometimes complete amenorrhea. And so on. The same is true in a general way for the pathological conditions of the other organs of internal secretion.

If we compare these clinical symptoms with the ones seen in Graves' disease, we are forced to admit that a number of them found in the latter condition seem to be common to diseases of other organs of internal secretion, although in every instance the organ primarily involved is an entirely different one. This must mean consequently that there is

between all these organs a functional interrelation. And so it is, as shown by the pathology and by experimentation. No one organ is independent of the other organs. There is no one organ driving the other organs exclusively, but rather do the organs drive each other reciprocally. There is here no solar system around which everything else gravitates. Our organism is not an autocracy but a democracy. To be sure, some organs are more important than others, but they are nevertheless dependent upon the less important and *vice versa*. Whenever one becomes pathologically involved, its derangement repercusses upon the function of the others. There is, in other words, a functional solidarity among them all. This solidarity is not only functional, but is compensatory, too. For example, if one of the hemispheres of the brain is removed, there is a compensatory hyperideation in the other hemisphere. When a large bloodvessel becomes obstructed for some reason or another, and incapable of carrying the blood through the normal channel, a collateral circulation takes place in order to relieve the flood; and of this no better example can be given than that of the caput medusæ resulting from obstruction of the portal vein. If one kidney is removed, the other one compensates its loss by hypertrophy and increased function. And so on. The thyroid does not make an exception to these laws. Let us see if we can base our views upon something tangible.

Thyroid and Hypophysis.—Boise and Biedl found a marked hypertrophy of the hypophysis in two cases of myxedema and in one of sporadic cretinism. Schönemann and Comte found an hypertrophy of the hypophysis whenever the thyroid was degenerated or atrophied. Rogowitsch found a constant hypertrophy of the hypophysis after complete thyroidec-tomy had been performed. Guerrini and Delille, after treating various animals with thyroid extract found that there was more or less constantly an hypertrophy of the hypophysis. Hyperemia of the hypophysis has been found in connection with Graves' disease. It is logical to admit that the hypophysis participates functionally in the production of the thyrotoxic syndrome because vasomotory disturbances, variations of temperature, increased sensation of thirst, and polyuria are commonly seen in diseases of the hypophysis. The disturbed metabolism of fat and the cutaneous eruptions seen in Graves' disease are likely due to disturbances of the hypophysis. Alquier and Hallion, after feeding rabbits with hypophysis extract, found vasoconstriction of the thyroid gland and finally shrinkage of the whole gland. As seen by our pathological and experimental data, there is on the whole little doubt of the existence of some sort of specific relation between the thyroid and the hypophysis.

Thyroid and the Genital System.—That there is a relation between the thyroid and the genital apparatus, is shown by the fact that the great majority of Basedow patients are women, and that the disease is

influenced materially by menstruation, pregnancy, and menopause. The constitutional difference between man and woman is due solely to the genital apparatus. More than men, women are all their lives under the constant influence of their genital system. This influence begins at the time of puberty, keeps up with each menstruation, and only stops at the menopause. During all these periods not only the nervous system is jeopardized, but the entire organism is in a state of constantly changing equilibrium, hence the tendency for women to develop Graves' disease more frequently than men.

As we have seen in studying the disturbances of the genital system, in Graves' disease menstruation is often irregular, and not infrequently totally absent. This total amenorrhea may remain permanent and may then give rise to a premature menopause. Hand in hand with these genital disturbances there often goes hypoplasia of the genital system. This atrophy is found, too, in hypothyroidism. When myxedema occurs in adults it is not infrequent to see a complete reversion to sexual infantilism marked by atrophy and impotence. For instance, Lanz reported the case of a man who had become myxedematous ten years after thyroidectomy; the testicles became markedly atrophic. Ceni noted a marked diminution in the production of eggs in thyroidectomized hens. Parhon and Goldstein consider the thyroid and ovaries as antagonistic, whereas Charrin and Jardry claim that they are synergetic.

Thyroid; Pancreas; Adrenals.—There is no doubt that there is between the thyroid and the pancreas an intimate relation. The disturbances in the metabolism of carbohydrates so often seen in Basedow's disease must be attributed to a disturbed function of the pancreas. The same is true for the disturbed resorption of fat which gives rise to fatty stools. Chvostek was among the first in determining these facts by showing that certain cases of Basedow were caused by disturbances of the pancreas, and that the symptoms would retrocede after pancreas opotherapy. Kohn and Peiser confirmed Chvostek's conclusions, basing their statement upon postmortems of thyrotoxic patients in which undoubted pancreatic lesions were found. Eppinger, Falta, Rudinger, Grey and De Sautelle have noted that glycosuria could be produced experimentally in dogs by giving them large doses of adrenalin; and that glycosuria does not take place at all if thyroidectomy has been performed. This will explain why myxedematous patients can stand very large doses of sugar without showing alimentary glycosuria. Falta has reported one case in which after thyroidectomy marked hypertrophy of the islands of Langerhans was found.

Lately Rudinger, Falta, and Eppinger have shown that the thyroid, the pancreas, and the adrenals were intimately related and exerted a reciprocal action one upon the other (Fig. 70). According to them the

pancreas inhibits the thyroid and the chromaffin system, the adrenals inhibit the pancreas and stimulate the thyroid, while the thyroid also inhibits the pancreas and stimulates the adrenals (Fig. 70). Consequently, the thyroid and the pancreas on the one hand, and the chromaffin system and the pancreas on the other hand, are antagonistic, whereas the thyroid and the chromaffin system are synergetic. From this it follows that the hyperfunction of one will have as a consequence the hyper- or hypofunction of the others as the case may be. Hyperthyroidism, consequently, must produce an insufficiency of the pancreas and a hyperfunction of the adrenals. This will explain why in pancreatectomized animals the excitability of the dilatator muscles of the iris is greatly increased, and this is most likely on account of the increased output of adrenalin. The same is true for animals overfed with thyroid extract, and the same is likewise true for Basedow patients, who often react by widening of the pupils after the instillation of a few drops of

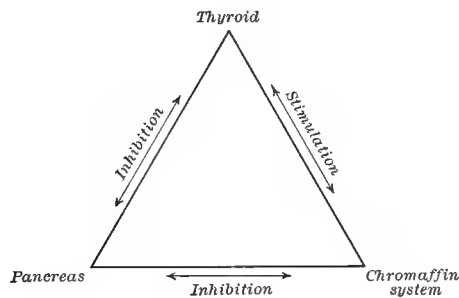


FIG. 70

adrenalin. In athyroidism and hypothyroidism, the function of the thyroid being diminished, its inhibiting power on the pancreas is *ipso facto* diminished also; hence the increased function of the pancreas which in turn results only in an increase of the inhibitory power of the pancreas upon the thyroid, thus forming a vicious circle in which the pancreas take more and more the upper hand. At the same time, as the exciting power upon the chromaffin system by the diminished thyroid is reduced, too, and as the inhibitory power of the pancreas upon the chromaffin system is increased, we must likewise have a diminution of adrenal function.

Since normally the pancreas peptonizes the proteins through its trypsin, saccharifies the amylaceous substances through its amylopsin, and saponifies the fat through its steapsin, and as on the other hand, these various functions in hyperthyroidism are inhibited, so we must expect to find that the metabolism of carbohydrates is greatly diminished, and we must consequently expect to find loss of peptones, glycosuria, and fat

in the stools. And so it happens quite frequently. On the other hand, the opposite must be true in hypothyroidism: indeed, it is a known fact that in that condition the tolerance for carbohydrates is greatly increased.

Krauss and Friedenthal have shown that normal human blood serum has no effect upon the frog's eye; if, however, thyroid extract is injected, a marked mydriatic power of the serum is found. This reaction is very likely due to an increase in the adrenalin content of the blood, or at least, to an abnormal amount of sympatheticotonic substances of some sort. Caro confirmed these statements. In using the Meltzer-Ehrmann test, many authors and myself often found an increased adrenalin content of the blood of Basedow patients; in many instances, however, this increase is not present. Kostlivy, treating per os rabbits with thyroid substances, noted a marked increased mydriatic power of the serum proportionate to the dosage. At the autopsy the adrenals of these rabbits showed marked hypertrophy. In hypothyroidism no changes in the adrenals are found.

Thyroid and Thymus.—The evidence that there is an intimate relation between the thyroid and the thymus in Basedow's disease is mostly clinical. It is becoming more and more an undoubted fact that in the great majority of cases of Graves' disease there is at the same time a thymic hyperplasia. This thymic hyperplasia is mostly constituted by a proliferation of the medullary portion of the thymic lobule at the cost of the cortical portion. In severe cases the entire thymus consists mostly of the medullary substance. At the same time there is an intense proliferation of Hassal's *corpuscles* and a marked increase of eosinophiles. The entire gland is soft and exudes a milky juice. Thymic hyperplasia does not occur in conjunction with Basedow's disease only, but is often found in simple goiter. R. G. Hoskins found that the offspring of female guinea-pigs treated with thyroid substances often had hypertrophied thymuses. This fact would tend to indicate that the thyroid stimulates the thymus. Jeandelize, Lucien, and Parisot have recently shown that thyroidectomy in young rabbits causes, in every instance, a diminution of the thymus as compared with that of the control animal of equal size. Wornes and Pigache have shown the same results, a fact which tends to prove that the thyroid and thymus are synergetic.

Thyroid and Parathyroids.—According to Tage Iversen, no parathyroid lesions are found in Graves' disease. On the other hand, Alquier and Hallion, after feeding animals with parathyroid extract, observed marked histological changes in the thyroid, resembling the ones seen in Basedow's disease, whereas, feeding with hypophysis seemed to produce exactly the opposite picture.

Conclusions.—Although it is still difficult to gain a clear insight into this complicated mechanism of the organs of internal secretion, there cannot be any doubt as to the functional interrelation of all these organs.

The thyroid forms one very important ring of the polyglandular chain. Its pathology repercusses upon the other organs of internal secretion which in turn react upon the thyroid, hence a *vicious circle*.

Summing up, we are forced to conclude that, although the thyroid gland plays the most important part in the production of Graves' disease, we must nevertheless concede that other factors intervene at the same time, such as the nervous and the polyglandular systems. Hence my conclusion: Thyrotoxicosis is a *thyroneuropolyglandular disease*.

Let us see now if we can gain some information as to how the thyroid changes take place and what the intimate working of the process is. Let us study first the iodine-Basedow and then see what relation exists between Basedow's disease and thyroiditis.

IODIN-BASEDOW.

The use of any form of iodine preparation may cause a group of symptoms known as *iodism*; this condition is mostly characterized by sneezing, running of the nose, sensation of constriction of the throat, bronchitis, stomach and intestinal catarrh, conjunctivitis, with abundant lachrymal secretion, headaches, and skin eruptions. In the beginning the tongue, mouth and pharynx are dry; later, however, abundant salivation takes place. These symptoms are due to the fact that iodine is eliminated through the mucous membrane and skin, and that some patients are more sensitive than others to its influences, or that they may have some sort of idiosyncrasy for iodine. This form of iodism is benign and mostly harmless; very exceptionally it may lead to acute edema of the glottis. Ordinarily it subsides as soon as the iodine treatment is discarded, and no ill effects are felt from it afterward. As seen this has nothing in common with the clinical picture known as hyperthyroidism.

An entirely different proposition, although less widely known, is that of a certain form of iodine intoxication which occurs once in a while in connection with iodine treatment of goiter and which closely resembles the clinical syndrome seen in thyrotoxicosis. It is characterized by nervousness, tachycardia, tremor, palpitation, insomnia, gastro-intestinal disturbances, depressive conditions, marked loss of flesh, and a profound asthenic condition. In many instances, exophthalmos occurs. Rilliet, of Geneva, was the first, in 1895, whose attention was called to that form of intoxication and regarded it as a sort of idiosyncrasy. He called it *constitutional iodism*. Since then similar observations have been made frequently and the condition has become well-known to the clinicians. Breuer called it *iodine-Basedow*, and that denomination has been adopted by everyone.

Iodine-Basedow occurs with predilection in people of middle age,

between thirty and forty; in young individuals the course of the condition is much more severe. Something very peculiar is the fact that some patients developing iodine-Basedow may have used iodine preparations several times previously and during more or less long periods without ill effects; then some day, for no apparent reason, the use of possibly only very small doses of iodine has been enough to cause the iodine-Basedow. Women are more often affected with it than men. The condition, as a rule, starts two or three weeks after beginning the iodine treatment, grows worse as long as the medication is kept up, and usually disappears gradually after the iodine medication has been discarded. It takes, as a rule, several months before the patient's condition becomes normal again, sometimes years. Even then there sometimes remains a tendency to palpitation, nervousness, etc. In other instances, instead of regressing, the condition progresses gradually and develops into a severe case of Graves' disease; a fact which I have observed more than once.

A fact worthy of notice is that hand in hand with the appearance of the iodine-Basedow goes a reduction in the size of the thyroid gland. Later, however, if the iodine-Basedow should grow into a true Basedow the thyroid gland will enlarge again.

Is there any Relation between Iodine-Basedow and the Quantity of Iodine Absorbed?—In a great many cases the smallest doses of iodine are sufficient to produce iodine-Basedow; cases are known where the mere use of tincture of iodine applied once or possibly twice to the skin or gums was sufficient to cause the condition. On the other hand, it is known, too, that some individuals may stand the most prolonged and large doses of iodine without the slightest ill effect except possibly some iodism. We are consequently forced to conclude that the quantity of iodine is in itself irrelevant.

The time which elapses from the beginning of the intake of iodine to the time when the symptoms of iodine-Basedow develop is variable; ordinarily iodine-Basedow occurs ten to fifteen days after the beginning of the iodine medication; in some instances, however, it may begin only weeks after the iodine medication has been stopped.

It has been observed that in countries where goiter is endemic, iodine treatment is very apt to cause an iodine-Basedow. Fleishmann has shown that susceptibility to iodine varies not only with each individual but also with regions: for instance, persons living in Geneva, or Vienna are more susceptible than others living in other cities; 68 per cent. of the patients seen in Basel, 23 per cent. in Berne, and 3.7 per cent. in Berlin when treated with iodine showed symptoms of iodine-Basedow. Why such a difference? Nobody knows.

Iodine-Basedow resembles so clearly the ordinary Basedow that we are forced to admit that both conditions are alike, and are due to the

same cause, namely, to hyperthyroidism. There is between them only a difference of degree. The iodine-Basedow which might be called *alimentary hyperthyroidism* bears to the ordinary Basedow the same relation that alimentary glycosuria does to diabetes. The first form is transitory; the second is permanent, but both forms apparently recognize the same cause, no matter by what mechanism they occur.

There can be no doubt that iodine-Basedow is due to the disturbed metabolism of iodine. We have said before that whenever an iodine-Basedow begins to develop, there is at the same time a concomitant reduction in the size of the thyroid gland. It is true, however, that after a while the thyroid returns to its previous size and often exceeds it. What does this mean? It can signify but one thing, namely, that the thyroid gland is reducing its size by throwing off into the blood circulation a certain amount of its content. What can this content be if it is not the "colloid" itself, and where can the gland throw it, if not into the general circulation? In other words, iodine stimulates resorption so that the organism finds itself rapidly flooded with thyroid products. As the process goes on, however, the thyroid increases its secreting power by reduplication of the functioning parenchyma: hence, again, increase in volume of the thyroid. We know, on the other hand, that the "colloid secretion of the thyroid gland is formed mostly by "thyreoglobulin" which has a great affinity for iodine; as soon as it has fixed the radical "iodine" it becomes then "iod-thyreoglobulin." The higher the iodine content of the iod-thyreoglobulin, the higher its activity. These are the facts. How shall we bring them together and set forth a suitable explanation for the origin of iodine-Basedow?

One fact seems impossible to deny, namely, that the whole problem seems to hinge upon a defective metabolism of iodine. This is proved by the occurrence of iodine-Basedow after iodine medication, by the fact that Basedow glands contain a lesser amount of iodine than any other form of goiter or normal thyroid. It is further corroborated by the fact that thyroid products are toxic in direct proportion to their iodine content. That much is certain.

Another thing, too, seems to be more than probable: it is the fact that anorganic iodine as such is more or less inert; in order to be utilized by the organism, and in order to become useful or harmful it must be combined with some albuminous substances. In the thyroid the anorganic iodine unites to thyreoglobulin and thus becomes an organic iodized preparation which only then becomes capable of exerting its influence upon the metabolism. This will explain why anorganic iodine alone is inactive in hypo- and especially in athyroidism; in order to become therapeutic iodine must be combined with the thyroid products whose activity increases in direct proportion to their iodine content. It would

seem that in ordinary conditions where a surplus of iodine is present in the body, the organism should not be worse off for it, as the thyroid and the other organs presiding over the metabolism of iodine ought to dispose of it very quickly. In some instances, however, for some reasons still unknown to us, matters go differently. Is it because of "special disposition," "idiosyncrasy," be it temporary or permanent, of the individual toward iodine, or because the great oxydating power of the iodine directly activates the epithelial elements and drives them to overfunction, or is it not because iodine causes a toxic thyroiditis? We know that in iodine-Basedow the histological changes are the same as the ones seen in any other form of toxic or bacterial thyroiditis. Hyperemia of the gland takes place; cellular hypertrophy and hyperplasia occur; the thick colloid, rich in iodine, undergoes liquefaction and is quickly absorbed and thrown into the circulation under the form of an iodized albuminous substance mostly iod-thyreoglobulin. Inasmuch as undoubtedly the thyroid has lost its power to metabolize iodine in the right way, it works at top speed in order to eliminate it, or to convert it into an absorbable product, hence hyperplasia, increased function, and thyroid diarrhea, as Kocher so graphically pictures it. Very likely the iodine goes through and irritates the thyroid just as undigested food goes through and irritates the intestines. On the other hand, as shown by Oswald, the iod-thyreoglobulin even in very small doses increases markedly, and for a long time, the excitability of the vegetative nervous system, be it sympathetic or vagus; consequently this increased amount of iod-thyreoglobulin, being constantly poured into the blood circulation, lowers the threshold of the nervous system, thus increasing its susceptibility and excitability. If it so happens that the nervous system has already been sensitized to these iodized thyroid products, at once the reaction will be intense: the thyroid products will markedly influence the nervous system which in turn will "fire back" by influencing the thyroid gland. Thus, a vicious circle becomes established; the thyroid drives the nervous system and the nervous system drives the thyroid. This will go on until one of the two gives out, or until one of the two connecting links is broken, as by thyroidectomy, for instance.

We feel consequently warranted in considering the true iodine-Basedow as a toxic thyroiditis causing toxic neurosis due to the influence of the iod-thyreoglobulin upon the cerebrospinal and visceral nervous systems. The primary lesion, however, is found in the thyroid.

THE RELATION BETWEEN BASEDOW'S DISEASE AND THYROIDITIS.

The relation between infectious diseases and thyrotoxicosis is more than merely accidental. It is a relation of cause to effect. Indeed, a

number of instances may be cited to show that there is a direct relation between the infectious process and the development of Graves' disease. Almost every infectious disease, as typhoid, articular rheumatism, scarlet fever, influenza, syphilis, tuberculosis, etc., is known to have been followed some time after by the thyrotoxic syndrome. Gilbert and Castaigne reported a case of a young girl, aged fifteen years, who during the course of typhoid fever developed a moderate thyroiditis, and a month later showed the classical symptoms of Graves' disease. Reinhold saw a patient who during an attack of influenza developed an acute thyroiditis, one lobe being more involved than the other. Three months after the patient developed a classical Basedow's disease. Curiously enough hypertrophy of the thyroid gland was most marked on the same side on which thyroiditis had taken place. De Quervain saw a patient who during repeated attacks of articular rheumatism developed a moderate degree of thyroiditis accompanied by unmistakable symptoms of Graves' disease. The case of Breuer's is classical. His patient was taken suddenly sick with an acute thyroiditis developed in the left lobe of the thyroid. However, four or five days after, everything subsided; a few weeks after the patient began to show symptoms of exophthalmic goiter which rapidly became so severe that seven months later he died from the consequence of his thyrotoxicosis. Postmortem showed in the left lobe of the thyroid a small encapsulated abscess which proved to be of staphylococcus origin.

D. D. Gletneff reported 9 cases of acute strumitis and thyroiditis followed by Basedow disease. One of them was a child, aged eleven years. Another one was a young woman, aged twenty-four years, who, after typhoid fever, developed a severe exophthalmic goiter which caused her death a few months after.

I have seen a young physician, who one summer evening while in perspiration, sat on his porch and got chilled. During the night he complained of intense pain in the neck. When I saw him the following morning he was in a state of complete physical collapse, utterly unable to stand or to walk, had a marked tremor, palpitation, tachycardia. The whole thyroid was acutely inflamed, the right lobe being manifestly larger than the rest of the gland. The gland was very hard and exceedingly painful to pressure, temperature was 101° F. During the following five or six days the condition grew worse, palpitation, tachycardia, tremor, and gastro-intestinal disturbances being exceedingly troublesome. The left lobe and isthmus reached about three times, and the right lobe, about four times their normal size; the whole gland remained exceedingly painful and hard; faint vascular symptoms developed in it. Graefe, Dallrymple symptoms and a moderate degree of exophthalmos became apparent. The patient during all this time

remained exceedingly nervous and could not sleep. After awhile, however, the symptoms gradually subsided, and after several months the patient regained his health.

The author saw a young woman who after a massage treatment for a colloid goiter of the right lobe, and after a sore throat, developed an acute strumitis. Besides the thyroid symptoms such as swelling, extreme pain on pressure, hard consistency, and with a temperature of 102° F., she also had marked thyrotoxic symptoms characterized by palpitation, tachycardia, extreme nervousness, tremor, insomnia, unquestionable Dallrymple symptom, and a moderate exophthalmos, etc. After a week everything subsided, the thyrotoxic symptoms included.

I have had under observation a young nurse who has always been in good health, although rather nervous and having a moderate-sized goiter. While nursing in the hospital, she was taken sick with an acute tonsillitis which lasted two weeks. During that short time the thyroid increased materially in size, and the thyrotoxic symptoms became very marked. After tonsillitis had subsided entirely the patient was a nervous wreck; pulse was 150 to 165, tremor intense and generalized to the whole body, nervousness very marked, exophthalmos was very apparent, Dallrymple, Graefe, Kocher symptoms were positive, muscular asthenia was intense. After several weeks of medical treatment the patient improved enough so as to be able to go through operation, which proved very successful.

A great many other cases could be cited in order to prove this contention, namely, that there is a direct relation between the infectious process and the development of thyrotoxicosis. It shows, furthermore, that the organ primarily affected in all these cases is the *thyroid*. This is of the utmost importance so far as the etiology is concerned.

In cases similar to the ones just cited, where postmortems and histological examination of the gland could be performed, the microscopic changes found resembled very much those seen in thyrotoxicosis, namely, hyperemia, cellular hyperplasia, thinning of the colloid, leukocyte infiltration, etc., the only difference being that of degree. Furthermore, in the chapter devoted to thyroiditis, we have seen that chemical poisons such as phosphorus, nitrate of silver, iodine, turpentine, pilocarpine, may cause a toxic thyroiditis characterized by hyperplasia, degeneration, desquamation of the epithelial elements, thinning or absence of colloid, more or less marked hyperemia. The same is true in toxic thyroiditis caused by bacterial toxins. As we have seen elsewhere, Roger and Garnier, Crispino, Torri, De Quervain, and others found that the introduction of bacterial toxins into the thyroid circulation exerted upon the thyroid gland about the same influence as the chemical poisons; namely, hyperemia, proliferation and desquamation of the epithelium, diminu-

tion or absence of the colloid, etc. The same pathological findings are found to a certain extent in thyroid glands during acute infectious processes. The lesions may not be such as to be macroscopically detectable; the microscope, however, shows that these typical lesions are present. For instance, Roger and Garnier, examining 40 thyroid glands taken from patients who had died of scarlet fever, diphtheria, acute gastroenteritis, diffuse cerebrospinal meningitis, peritonitis, rabies, and smallpox, found in nearly every case marked histological changes in the thyroid. In some instances the epithelium had proliferated to such an extent as to form papillary formations projecting into the alveolar lumen. At the same time cellular desquamation was present, colloid was thin or absent, interstitial connective tissue showed little or no pathological changes except in the thyroids of patients who died from tuberculosis; there a diffuse sclerosis was found. Crispino, Sarbach, Serrafini, Vitry and Giraud came to the same conclusions. De Quervain, investigating the condition of the thyroid in 45 cases where the cause of death was tuberculosis, cancer, cardiac, liver and kidney diseases, peritonitis, puerperal infections, diabetes, scarlet fever, smallpox, measles, diphtheria, typhoid, pneumonia, found marked changes in the epithelium characterized by a proliferation, desquamation, fatty degeneration of the desquamated cells, thinning, diminution, or absence of the colloid, and hyperemia of the whole gland. In certain cases he found interalveolar leukocytic infiltration. In patients who died from cancerous cachexia, diabetes, nephritis, Addison's disease and uremia, no pathological changes in the thyroid were found. Finally, Gregor, in 26 thyroids of children who died from scarlet fever, found the same pathological changes reported by all the other authors.

GRAVES' DISEASE IS A TOXIC THYROIDITIS.

How shall we interpret all these facts? If we throw them all together, the first conclusion we come to is that the thyroid reacts in the same way to the most various and most diverse processes. For instance, in thyroiditis, be it bacterial or toxic, we find hyperemia, cellular hyperplasia, increased absorption of colloid, leukocyte infiltration, thyrotoxic symptoms. In iodine-Basedow where iodine seems to be the provocative agent, causing very likely a toxic thyroiditis, we find, too, hyperemia, cellular hyperplasia, diminution and thinning of the colloid, leukocytic infiltration, thyrotoxic symptoms. In acute infectious processes of the organism such as typhoid, etc., the gland shows in a lesser degree, it is true, but nevertheless unmistakably, the same pathological and clinical signs. Although the causes

vary, the results are the same. In iodine-Basedow as in toxic and bacterial thyroiditis, as in the ordinary Basedow, the nature of the histological changes and, to a certain extent, of the clinical symptoms, is the same. There is only a difference of degree. We are consequently warranted in concluding that in thyrotoxicosis the mechanism of the development of the disease is similar to the one which occurs in iodine-Basedow, and in thyroiditis, be it toxic or bacterial. In the latter conditions the process is acute, whereas, in Basedow it is chronic. Furthermore, as in iodine-Basedow and acute thyroiditis, the thyroid gland is involved first and the symptoms occur only after, had we here only that proof in favor of our contention, it would still be logical to conclude that in the great majority of cases of Basedow's disease, *the starting-point takes place in the thyroid*. Hence we disagree with Mickulicz who claimed that the thyroid acted as a "multiplier;" with Crile, who thinks that it plays the part of an "activator" inaugurated directly or indirectly by the nervous system.

If we carry our line of reasoning a little further, as in iodine-Basedow, in bacterial, toxic, or chemical thyroiditis, the true nature of the process is a *toxic one*, we shall naturally have to admit as a consequence of it that in the true Basedow disease we have to deal with a similar toxic process, too. In the last analysis the whole question resolves itself into a matter of a *toxico-infectious process*, in other words, Graves' disease is a *toxic thyroiditis*.

So understood, this theory will explain the pain to pressure so often seen in true thyrotoxic goiters; it will explain the adhesions so often found around the goiter at the time of the operation, even when no external treatment, as iodine or x-rays, has been used; it will explain why in exophthalmic goiter the cervical lymph nodes are hyperplastic, why there is a leukocytic infiltration throughout the thyroid parenchyma; and it will explain, partly at least, the slight rise in temperature sometimes seen in Graves' disease. It is not necessary to look for a *specific thyrotoxic microbe* in order to explain all these clinical findings; they may be caused by all the microbes; their toxins; the products of auto-intoxication; or any toxic chemical agent. Under the spur of their irritation the thyroid works at top speed; in order to increase its efficiency and in order to suffice for its tasks, be it to neutralize or to eliminate these poisons, or whatever it may be, it increases its blood supply; it undergoes hyperplasia.

This theory consequently leads us to consider the histological changes seen in the thyrotoxic thyroid as the result of *hyperfunction*. Hence the theory of *hyperthyroidism*. Everything tends to prove it, especially the increased blood supply. Furthermore, Askanazy, Müller, and Farmer found that the lymphatic veins and connective tissue in Basedow's disease

were filled with colloid, whence they concluded that this disease was caused by an exaggerated amount of colloid reaching the blood.

As a result of the increased function of the thyroid there is constantly in the blood an increased amount of iod-thyreoglobulin which, as we know, acts electively upon the central and vegetative nervous systems. Thus a constant and abnormal stimulation is being kept upon the thyroid by the nervous system which in turn stimulates the thyroid. Hence the establishment of a vicious circle: as we have said before, the thyroid drives the nervous system and the nervous system drives the thyroid.

This increased, and possibly modified, thyroid secretion through its lipoids acts electively upon predisposed organs already sensitized by sympathicotrope, vagotrope, cardiotrope, ovariotrope, etc., substances. Sensitization may not necessarily have been done previously by the thyroid: the polyglandular, the nervous system, etc., may have done it.

This theory seems to me to answer most satisfactorily many questions. Thus, the protean origin of Graves' disease is no more a puzzle; the remote causes of it are indeed numerous and diverse, as infectious diseases, disturbed polyglandular function, chemical agents, etc., but the immediate cause is always the same: the *hyperfunction of the thyroid*. Thus, we shall understand better why Graves' disease is more prevalent at the time of puberty and menopause. Indeed, besides the disturbed nervous equilibrium, and possibly just because of it, besides the part which the organs of internal secretion play, toxic products due to the disturbed metabolism circulate in the blood and become injurious to the thyroid, hence toxic thyroiditis and hyperfunction. Even in cases where the primary lesion lies in the nervous system, as in cases of shock, fright, etc., the theory still holds good. Indeed, in such cases it is reasonable to admit that besides the direct influence from the nervous system upon the thyroid, products of refuse due to a suddenly increased and disturbed metabolism as shown by sweating, diarrhea, vomiting, disturbed renal function, etc., which accompany shock are driven into the circulation and may prove injurious to the thyroid and incite it to overfunction. At least these injurious stimuli may be sufficient to start a vicious circle between the thyroid and the nervous system; when once started there is no reason for stopping. Both links, however, namely, the thyroid and the nervous system, are necessary for the production of the disease: let us not forget that the section of the restiform bodies causes exophthalmic goiter as long as the thyroid is present; if it has been removed previously, the syndrome does not take place.

Dysthyroidism.—There is a great deal of evidence showing that the secretion of the thyroid is not affected quantitatively and qualitatively: in other words, besides *hyperthyroidism* we have *dysthyroidism*. This con-

clusion is based upon Marinesco's experiment. He demonstrated that the antigen from a Basedow struma, when mixed with serum taken from thyrotoxic patients, prevents hemolysis on account of the formation of antibodies. If, however, the antigen has been taken from a normal thyroid gland then hemolysis takes place: hence the conclusion that the colloidal nature of the thyroid secretion is changed qualitatively. Klose is an enthusiastic believer in the dysthyroidism theory. According to him, in ordinary conditions the iodine is fixed by the thyroid to some albuminous substance in order to form the thyreoglobulin. In pathological conditions, however, the metabolism of iodine does not take place properly. Klose admits then the existence of a hypothetical substance which he calls, "Basedow-iodine," very toxic, closely resembling the anorganic iodine, and exerting vagotrope, sympathicotrope, cardiotope, ovariotrope, influences, thus determining the thyrotoxic syndrome.

That theory would, of course, help us to understand why it is not necessary to have a great deal of hypersecretion of the thyroid if that secretion is vitiated. That would explain the cases where little or no histological thyroid changes are present, as the latter are mostly evidencing hyperfunction. Of course, what part the hyperthyroidism and the dysthyroidism play in the production of the thyrotoxic syndrome is an open question.

It is self-evident that the theory of dysthyroidism, as well as the one of hyperthyroidism, although to a lesser extent, still lacks the "irrefutable argument." They both, however, answer the facts very well. The atomical theory is still to be demonstrated, yet chemistry fares very well seemingly under its flag. Needless to say that in the meantime let us hope that the future will bring forth the solution of the problem.

Part of the Thyrotoxic Symptoms May be of Anaphylactic Origin.—It is more than probable that part of the thyrotoxic symptoms observed are phenomena of "anaphylaxis" due to the absorption into the circulation of abnormal albuminous thyroid products. The intense itching of the skin without eruptions resembles closely the itching observed in anaphylaxis. Indeed, the thyrotoxic thyroid albuminous substances may very well be enough modified so as to act as a foreign albumin, thus "anaphylactizing" the organism and producing toxins centering their effects upon the nervous system. This view is based upon Schittenhelm's researches which show that the substances resulting from the splitting of albumins into secondary products produce an intoxication similar to the one obtained with peptones and characterized by fall of blood-pressure, on account of peripheral dilatation, leukopenia, acceleration of the lymphatic current, increased glandular secretion, etc. In short,

according to Biedl and Krauss, this toxic syndrome resembles closely the one of anaphylaxis and of Basedow's disease. These views are further strengthened by J. W. Jobling and W. Petersen who showed that iodine incubated with blood serum lowers markedly its anti-ferment property; the serum of these patients treated with iodine becomes toxic because of autolysis of the glandular components; a similar process (absorption of the anti-ferment by agar, kaolin, bacteria, etc.) being the basis of the toxicity of the so-called anaphylatoxin.

Why is it that Some People Have Exophthalmic Goiter and Others Do Not?—Why is it that some people will stand large amounts of iodine while others cannot? Why is it that acute infectious processes will cause the thyrotoxic syndrome in some patients and not in others? Why is that a shock, a fright which will not faze this one, will cause Graves' disease in that one? In answer to these questions, I will say: Why is it that between two men falling into a river, one will get pneumonia and the other articular rheumatism? Why is it that the liver, and the pancreas of certain individuals are able to take care of enormous quantities of carbohydrates without giving rise to glycosuria, whereas in others they are unable to do so? Why is it that mercury will cause an acute nephritis in some individuals and an acute enteritis in others, and no symptoms in a great number of others? Most likely because the injury settles in the *locus minoris resistentiæ*. The same is true for the thyroid. There must be conditions unknown to us, but nevertheless existing, which must render certain thyroids more susceptible to injurious stimuli than others, just as certain special conditions must intervene to inhibit the hepatic and pancreatic function in the metabolism of carbohydrates, or to render certain kidneys and intestines susceptible to mercury, just as certain requirements have to be met to allow the tubercle bacilli to produce tuberculosis. Congenital weakness, heredity, abnormal disposition, abnormal susceptibility, disturbed nervous equilibrium, unsettled polyglandular system, all play their contributing part. When the truth is known, then very likely some reduced factor of safety, some chemico-biological disturbances or congenital predisposition, will appear as the cause or the determining causes. As we have already said, "Nature does not know a cause but causes."

Summary of Conclusions Concerning the Etiology of Graves' Disease.—Graves' disease is a thyro-neuro-polyglandular disease. The thyroid is almost always primarily affected; however, very much less frequently the nervous system can be the primary cause, too. There exists between them a mutual interaction; the thyroid drives the nervous system and the nervous system drives the thyroid: this constitutes a vicious circle which can be broken by medical or surgical treatment. From a pathological and clinical stand-point, Graves' disease resembles in every respect

what we see in acute thyroiditis, be it toxic or bacterial, and what we see in Iodin-Basedow which is, too, a toxic thyroiditis. Hence we feel warranted in concluding that *Graves' disease is a form of toxic thyroiditis*. It is caused by any infectious disease, by any toxic condition arising from a disturbed polyglandular function, by a disturbed nervous equilibrium, by a disturbed metabolism, etc. Under such conditions the thyroid secretion is quantitatively and qualitatively affected, and becomes the cause of the pathological syndrome. The symptoms observed in Graves' disease are due to hyperthyroidism, dysthyroidism, disturbances of the nervous and polyglandular systems, and probably some are due to anaphylaxis.

CHAPTER XXXVIII.

THE TREATMENT OF GRAVES' DISEASE.

WE have now reached the crucial part of our work. The most elaborate researches, the most beautiful theories, the greatest effort and expenditure of energy will fall short if they do not directly or indirectly resolve themselves into some advancement of the therapeutic end, the final test of every scientific effort. From the conception one makes of the nature and etiology of this disease will derive the line of treatment. Internists who regard Graves' disease as a neurosis or as a disturbance of central origin, or as a peculiar and enigmatic trouble of some sort, no matter where it has its seat, *provided it is not in the thyroid gland*, still work in the dark, hence the great, motley mixture of what is called "medical treatment." Surgeons, on the other hand, who consider the thyroid as the "guilty factor," will experience no hesitancy; their road is open; "Heraus mit dem," Out with it! A radical and not the ideal means most assuredly, but the best we have at hand so far, and the most fertile in results. We all admit that it would, of course, be more elegant, more artistic, to be able to resort to some "specific agent" which, injected subcutaneously, intravenously, or taken by mouth, would bring about a sure cure. It would be an art of the highest type to be able to say to the patient as Christ said to the lame man, "Arise, take up thy bed, and walk." Unfortunately, we are only men and not gods, we think and act according to our own little intelligence and limitations. As yet the truly "specific agent" has not been found. That it will some day there is no doubt in my mind. To find it will be the glorious task of *biological chemistry*.

Quite a marked step forward in this direction has been taken just recently. By delicate, chemical manipulations, Iscovesco was able to isolate from the various organs of internal secretion, *lipoids*, many of them possessing decided physiological properties. Lipoids are contained in all the organs of the body. Some of them have an antagonistic, others a synergetic action. A given organ contains numerous lipoids. In the thyroid, for instance, there are several lipoids, each one possessing seemingly entirely different properties. One of the lipoids injected into young animals produces myxedematous symptoms; another produces thyrotoxic symptoms, another causes a congestion and hypertrophy of the gland itself. The ovary contains a lipid influencing the ovary itself, another

influencing the uterus and its appendages, and another influencing the thyroid. The lipoids which influence other organs are called *heterostimulants*; the lipoids which influence organs from which they are derived are called *homostimulants* or *self-activating*. These facts, if confirmed, will not only solve many obscure problems, but will also widen considerably our field of therapeutic action. The isolation of these different substances and their appropriate use will be of tremendous value to the future physician. For the time being, however, we must content ourselves with what we have at hand, "medical" and "surgical," and try to make the best of it.

If the shades of Flajani, Graves or Basedow could come back into the world, they would certainly be greatly shocked to see that the disease which bears their names has slipped out of the bosom of internal medicine into that of surgery. Very likely they would turn and with inquisitive and reproaching tone interview the internist, and as in the "Parable of the Talents," they would say, "What have you done with our legacy?"

It is certainly not through mere fancy that the surgeon has become entranced with the thyroid question in Graves' disease. For long years it looked as if Basedow's disease would remain forever a medical disease. So long as the nervous symptoms, tachycardia, and exophthalmos were given the most prominence in the clinical syndrome, and so long as the goiter was considered only as a secondary and unimportant factor, the disease seemed to remain forever the appanage of the internist, and "a noli me tangere" for the surgeon. As years went by, however, with no progress made in curbing the disease, and with no new conceptions of its etiology, the disease was languishing in the painful marasmus of the "rest cure;" furthermore, although internal medicine had seemingly disinterested itself in this question, two great men, internists themselves, Gauthier de Charolles and Moebius, came along and with a new theory gave a powerful impetus to the question.

It is true that previous to them a few operations had been performed for exophthalmic goiter by Kocher and others. These operations were intended, however, to remove Basedowified goiters causing mechanical symptoms. Great had been the surprise of everyone to see that at the same time the functional disturbances were relieved also. Hence suspicion became aroused, new but still undecided etiological conceptions, which, as just said, were soon shaped into a definite form by Gauthier and Moebius. In their judgment the disease no longer took its origin in some nervous, circulatory, or other problematic disturbances. It was no longer a neurosis. In their judgment the goiter, which for so long had been considered as unimportant, was now the responsible factor; in fact, it was the *primary cause* of all the trouble. That day Graves' disease became at once a surgical disease; from the sanatoria and rest-cure

places it jumped into the operating rooms. From that time on it ceased to live in the marasmus in which it had been before. It became a burning question taken up at once all over the world. Since surgery has adopted as one of its own, this abandoned child of internal medicine it is only just to say that so far as pathology and treatment are concerned, great progress has been made. It is to surgery that we owe most of what we know today of Graves' disease, just as it is to surgery that we owe most of what we know of appendicitis, gastric and duodenal ulcer, gall-bladder diseases, etc.

Is There Truly a Medical Treatment for Graves' Disease?—If by that we mean a well-defined, classical, efficient, specific, therapeutic line of conduct to be followed in such cases, then *there is none*. Indeed, there can be no doubt of that. If, on the other hand, by "medical treatment," we mean anything which is not surgical, we must concede that there is such a thing. With this form of treatment everyone feels at liberty to "experiment" with whatever he sees fit, hence the multitude of medical means employed, as for instance iodine, arsenic, iodides of all kinds, bromides, digitalis, belladonna, atropin, ergotin, ether, veratrum, strophanthus, quinine, nux vomica, phosphate of soda, convallaria majalis, etc.; faradization, galvanization, currents of high frequency, hydrotherapy of all sorts; sojourn at the sea, or in high altitudes; gymnastics with Zander's apparatus; mountain climbing, etc.; all imaginable diets, etc., some authors advising forced feeding, others, the hunger cure; some advising forced drinking, others the thirst cure; as mineral waters of all sorts, and kephir, milk, zoulac; as serum, blood or milk of thyroidectomized animals, thyrotoxic serums; as finally, extracts of the glands of internal secretion, as adrenals, pancreas, hypophysis, ovarian extracts, thymus, testicles, etc.

Everyone will admit that this medical therapeutic gamut is most variant, and everyone according to his taste can make his choice. But please do not think for one moment that I am trying to ridicule the medical treatment. I know too well that each one of these means employed has to its credit some improvements and some cures, and as everyone knows, too, that some patients get well without any treatment, and as was said by Mayo, some get well in spite of any treatment. Too often we hear adversaries of surgical treatment boast that they have cured thyrotoxic patients with the rest cure, with milk diet, with Forcheimer treatment, and what not. We all can pick out of our series, medical as well as surgical, some brilliant results in order to support our contention. That is not the point. We know that this is true. But the point is: Of the total number of Basedow patients treated medically or surgically, what number improve or get well, and what is the death-rate? That can be best answered by statistics. As Riedl has

said, "Medicine, like theology, has its dogmata." When once established, it is difficult to eradicate them even when wrong. The danger of surgical treatment in Basedow's disease is one of these dogmata; its inefficacy is another. Let us see what we can gather from statistics.

Results of Medical Treatment.—Williams, out of 1569 surgical cases showed a mortality of 4 per cent., a cure of 72 per cent., while 300 medical cases treated with the antiserum gave 20 per cent. cure, 60 per cent. improvement, 10 per cent. no effect, and 10 per cent. death. Baruch, comparing the results obtained by operation and medical treatment, found for the cases treated medically: 0 per cent. of cure, 5.2 per cent. were able to resume their full work, 26.3 per cent. were only partially able to resume their work, 68 per cent. were unable to work at all, whereas the surgical treatment allowed 17.9 per cent. to resume their full work, 51 per cent. to resume their partial work. He furthermore found that with medical treatment cardiac hypertrophy never diminished, whereas it disappeared in 70 per cent. of the operated cases. In non-operated cases he found further, that exophthalmos remained unaffected in 7.6 per cent., was improved in 69.2 per cent., and got worse in 23 per cent., while in cases treated surgically, exophthalmos disappeared in 39.6 per cent., was improved in 54.5 per cent., and remained unaffected in only 3.2 per cent. He reported, too, that tremor disappeared in 77 per cent. of the operated cases and never in the ones treated medically. White found that in 108 cases treated medically by him, 21 died, 61 were cured, 21 improved, and 5 remained unaffected. The mortality with medical treatment is high; 10 per cent. for Cheadle and Thompson, 12 per cent. for Von Graefe, Von Dusch and Buschan. These figures are based upon 900 cases. Charcot, Williamson, and Stern's death-rate is 25 per cent. Ord and Mackenzie, out of 55 cases, obtained 10 complete cures, 24 improvements, 4 negative results, and 14 deaths. Murray had 7 deaths out of 40 cases. Vetlesen, out of 34 cases, had 7 cures, 20 improvements, and 7 deaths. Frankl-Hochwart out of 60 cases found 25 fruste forms which remained unaffected by treatment; out of the other 35 cases of true Basedow, 9 cures, 11 negatives, and 15 deaths. Lichty had 3 deaths out of 74 cases. Sainton was able to collect 219 cases treated by serotherapy; 10 per cent. were cured, 80 per cent. improved, 8 per cent. were failures, and 2 per cent. exacerbations. Rogers and Beebe, in 1909, out of 480 cases gave 15 per cent. of cure objectively, 10 per cent. cured subjectively, 15 per cent. ameliorated, and 17 per cent. failures. In 1915 Beebe, without furnishing any statistics, estimated roughly that he had treated 3000 patients with antiserum with 50 per cent. cure, 30 per cent. improvement, and 20 per cent. failure. We must not forget, however, that this author in a general way seems to be very sanguine in his conclusions, as shown by his recent "cancer cure." In

1910 Kocher reported 1000 cases treated surgically and 100 cases treated medically. The mortality of the operated thyrotoxic cases amounted to 4.83 per cent., while the cures gave 80 per cent. From the 100 cases treated medically, 22 had to be operated because of the failure of the medical treatment to bring about a cure, or at least, encouraging improvement. From the remaining cases, 18 per cent. were cured, 27 per cent. improved, 33 per cent. remained unaffected, and 22 per cent. died. Syllaba reports 51 cases of Graves' disease treated medically; 9 died, 4 were failures, 27 ameliorated, improved, or cured. The balance of the other cases is not given. W. H. Becker went over all the cases admitted into the clinic of Prof. Dr. Voit in Giessen from 1890 to 1912. During that period of time 40,941 patients were admitted. Among them were 70 cases of Basedow's disease. As some of these patients were readmitted at various intervals the true total number of patients amounted to 61. Out of these 61 cases the records of the clinic show that only 1 patient was discharged cured. From the remaining 60 cases, 36 were discharged as improved (60 per cent.), 21 were unimproved (35 per cent.), 1 case was sent over to the surgical clinic, and operated, then returned to the medical clinic for further treatment with galvanization of the sympathetic and thymic opotherapy, and only then dismissed as improved. From the 2 remaining cases nothing could be ascertained, as no history was to be found. The treatment used from 1890 to 1903 was a purely symptomatic one: arsenic, bromides, rest in bed, ice-cap for the heart, while occasionally iron and baldrian, and galvanization of the sympathetic were employed. In 1903 for the first time the antithyroidine of Moebius was used five times with 4 improvements and 1 negative result. Rhodagen was used twice with 1 improvement and in the other case with only a slight improvement. In 1906 x-rays were employed in 1 case which had been treated without success with antithyroidine of Moebius. In 1907 a meat-free diet was tried on 5 patients; 4 were improved, 1 showed only very slight temporary improvement, 1 remained negative. Four times Voit used phosphate of soda and phytin treatment; 3 were negative, 1 improved, and 1 markedly improved. Becker went to the trouble to look up what had become of these last 10 cases since 1907. He succeeded in getting in touch with only 7 of them. In all the improvement had remained the same. They were more or less materially improved but not cured.

As reported by A. Stenzel, in 1912, 54 cases of Basedow's disease were observed in Stintzing's clinic at Jena. Otto says 10 of these were severe cases, 30 moderately severe, and 14 were of the milder type. Of these 70 per cent. were women and 30 per cent. men. These cases were treated medically, according to the newer procedures, for at least six

weeks. If at the end of this time the patients did not show improvement, they were transferred for surgical treatment. Eight of these cases, or about 15 per cent., were able to resume their work after treatment for an average period of two months. Of these 8 cases, 7 were mild and 1 moderately severe. In all, however, there was a typical Basedow complex, the cardinal symptoms all being frankly present. Twenty-one cases or about 39 per cent. were improved—2 of these being mild forms, 15 moderately severe, and 4 severe. Nineteen cases, about one-third of the whole number, resisted all medical treatment. Among these were 3 mild cases, 12 moderately severe cases, and 4 of the severe type.

MEDICAL CASES.

Name.	No. of cases.	Cure, per cent.	Improvement, per cent.	Rate per cent. Negative results, per cent.	Death, per cent.
Williams . . .	300	20.0	60.0	10.0	10.0
			31.5	68.0	
			5.2		
Baruch	able to work		
			26.3		
			partially able		
White . . .	108	56.4	19.4	4.6	19.4
Cheadle . . .	not given	10.0
Thompson . .	not given	10.0
Von Graefe . .	not given	12.0
Von Dusch . .	not given	12.0
Buschan . . .	not given	12.0
Charcot and Williamson	25.0
Ord and Mackenzie	56	17.85	42.89	7.14	25.0
Murray . . .	40	17.5			
Vetlesen . . .	34	20.58	58.5	..	20.58
Frankl-Hochwart .	60	25.0			
		fruste forms unaffected	—41.66		
remaining . . .	35	25.71	...	31.42	42.85
Lichty . . .	74	4.0
Sainton . . .	219	10.0	80.0	8.0	0
Rogers . . .					
			15.0	17.0	0
Beebe . . .	480		15.0		
			10.0		
			subjective		
Kocher . . .	100	22.0	0
	78	18.0	27.0	33.0	22.0
Syllaba . . .	51	..	52.94	7.84	17.64
Voit-Becker . .	61	1.65			
remaining . . .	60	..	60.0	35.0	0
Otto . . .	54	15.0	39.0	35.0	
Williams . . .	23	..	31.8	..	25.0

In general, this material showed that not only cases of lighter grade, but also of severer types, were not amenable to medical treatment. In the cases in which antithyroidin (Moebius) was used, no good results were observed. This was true also of the *x*-rays, where used. In a large number of those cases in which medical treatment had failed, the symptoms disappeared after operation.

Conclusions.—How eloquent all these figures are! Do they not show that one thing must strike us forcibly, namely, that medical statistics are utterly insufficient? It is true that once in a while internists will report one or two cases treated successfully with medical means, but large statistics describing *in extenso* their cases, their immediate and remote results, are rare. Let us hope that internists will in the future strive to set forth more and better data. The little there is of these, however, does not well stand comparison with surgical statistics. From them it appears that medical treatment is far less efficient, far less rapid in results, far less fertile in cures and improvements, and far more dangerous *quoad vitam*. As the time goes by the surgical death-rate is being constantly reduced. So long, however, as we shall have to revert to surgical means to cure thyrotoxicosis, so long as we cannot disregard the heart of the patient, his nervous system, his thymus, his chromaffin system, his liver, his kidneys, there will always be an "unavoidable death-rate."

It is remarkable to see how operative success improves with the increased experience of the surgeon. For instance:

KOCHER'S CASES.

Year.	Case.	Death-rate, per cent.
1902	59	6.5
1906	167	5.0
1910	376	4.0
1911	167	2.3
1912	130	1.5
1916	300	1.0

MAYO'S CASES.

1904	40	15.0
1907	110	8.0
1909	405	4.5
1911	1000	3.7
1912	276	0

SURGICAL CASES.

Dates and names.		Cases.	Cures, Per cent.	Great improvement, Per cent.	Moderate improvement, Per cent.	Negative results, Per cent.	Death- rate, Per cent.	Remarks.
1894	Buschan	80	38.75	25.0	27.5	7.5	In 25 cases results unknown.
1894	Herzkind	40	42.5	42.5	7.5	7.5	
1895	Mikulicz	11	54.5	45.4	
1896	Kinnicutt	187	40.1	33.15	5.87	6.95	
1896	Mattieson	117	44.4	23.08	20.5	5.98	
1896	Starr	190	38.9	23.68	1.57	12.1	I relapse.
1896	Lemke	17	100.0	
1896	Riedel	11	36.3	18.1	45.4	
1896	Schulz	20	90.0	5.0	5.0	
1897	Kümmel	16	75.0	12.5	
1898	Wormser	204	100.0	I unknown.
1898	J. Wolf	9	66.5	11.1	11.1	
1899	Rehn	319	53.29	28.52	4.38	13.79	
1900	Wittmer	23	40.9	36.2	9.2	9.2	9.2	
1900	Reinbach	18	66.5	22.5	5.5	5.5	
1900	Schulz	20	90.0	5.0	5.0	9 of the cures still lasting 4 to 9 years after operation. Cures lasting 2 to 10 years after operation.
1900	Mikulicz (Reinbach)	18	66.66	22.2	5.5	5.5	
1900	Kronlein (B. Wittmer)	23	39.13	26.08	8.69	13.04	13.04	
1901	Ehrlich	9	100.0	
1901	Kümmel (Schulz)	20	70.0	10.0	15.0	
1902	Kocher	59	76.27	13.55	3.38	6.77	Cures lasting 9 years and more. Reporting operations from 1883-1899.
1902	Kocher	93	75.26	18.27	6.45	
1903	Curtis	11	60.0	10.0	30.0	
1904	Mayo	40	67.5	17.5	15.0	
1905	Friedlein	20	70.0	3.0	
1905	Hartley	15	100.0	25.0
1905	Lessing	8	50.0	25.0	
1906	Brugsch	72	70.83	29.13	

1906	Kocher	167	72.45	13.17	3.53	8 cases not followed.
1906	Shepherd	17	52.94	17.64	5.87	23.5	
1906	Rudd (Schulz)	50	74.0	14.0	2.0	12.0	
1907	Kocher	283	73.8	19.0	3.4	
1907	Berg and Ackerman (Landström)	54	37.03	12.96	20.37	11.1	6 cases unknown.
1907	Doyen	10	100.0	
1907	Garré (Moses)	35	11.42	28.54	17.14	8.54	2.85	11 cases unknown.
1907	Itzina (Mat. of Hildebrandt)	7	85.5	14.3	
1908	MacCash	23	17.39	52.17	8.79	4.34	4.34	3 cases unknown. Cures lasting 4, 7, 8, 12 years after operation.
1908	Klemm	32	78.125	3.125	3.125	
1908	Dunhill	32	75.0	3.125	
1908	Bier (Krueger)	11	27.27	45.45	9.0	9.0	9.0	7 cases unknown.
1908	Th. Kocher	153	98.7	1.3	
1909	Mayo (McWilliams)	167	70.0	18.56	5.98	5.32	
1909	Beek	50	90.0	6.0	4.0	
1909	Krecke	17	70.58	5.88	
1909	Hänel	21	38.1	42.8	
1910	J. Broeckaert	11	100.0	
1910	Kocher	376	76.0	3.9	
1911	Von Eiselsberg	44	61.4	34.1	40.0	
1911	Enderlen	40	70.0	20.0	2.2	2.2	
1911	Mayo	1000	70.0	26.3	3.7	
1911	Sudeok	26	84.6	4.0	4.0	
1911	Rehn	61	67.21	98.3	1.63	1.31	
1911	Harris	29	6.89	
1911	Schugan	42	1.42	4.04	4.04	2.38	
1911	Bartlett	45	4.44	
1911	Terry	41	2.43	
1911	Rixford	23	
1911	Tinker	167	
1911	Alamartine and Perrin	120	70.8	22.0	7.2	
											(operated over 3 years)					
1911	Kocher	167	2.3	
1912	Klose	61	75.5	9.8	1.6	13.1	
1912	Dunhill	230	1.73	

SURGICAL CASES—Continued.

	Dates and names.	Cases.	Cures, Per cent.	Great improvement, Per cent.	Moderate improvement, Per cent.	Negative results, Per cent.	Death- rate, Per cent.	Remarks.
1912	A. Kocher	130	98.4	1.53	22 died since from intercurrent diseases.
1912	A. Kocher (Reporting remote results in advanced and acute cases)	360	44.4	41.38	7.77	
1912	Mayo	276	Cases from Chicago surgeons.
1912	Fuller	600	5.0	
1913	Klosé	1216	61.8	21.8	3.1	5.0	7.6	
1914	Glaserfeld	534	63.8	12.7	7.6	5.8	4.6	In his end-results Frazier claims 90 per cent. of cures.
1914	Otto Klinke	6825 (operations taken from literature)	17.6	68.1	38.8	32.9	
1914	W. S. Halstead	500	60.0	25.0	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1914	Frazier	37	40.5	43.2	16.2	
1914	Rogers	208	78.0	20.1	1.9	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1915	Frazier	80	11.76	
1915	A. Stark	17 ligations	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1916	André Crotti	69	30.0	40.0	21.0	9.0	
1916	Miles F. Porter	122	3.2	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1916	Vernon C. David	100	100.0	
1916	Vernon C. David	200	5.5	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1916	Vernon C. David	6	50.0	50.0	
1916	Vernon C. David	35	47.3	31.0	15.0	5.0	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1916	Vernon C. David	19	31.4	40.0	23.0	6.0	
1916	Chas. H. Frazier	1415	3.5	These were moderate cases. These were marked cases These were severe cases These cases were collected from American surgeons.
1916	André Crotti	100	3.2	
1917	André Crotti	137	0	

Riedl had 40 per cent. in his first 40 cases, 3.3 per cent. in his following 30 cases. The writer had 8 per cent. death in his first series of 100 cases, 7 per cent. in his second series of 122 cases, and 3.2 per cent. in the following series of 100 cases, and no death in the last series of 137 cases. Crile had 31.3 per cent. death in 16 cases, 10 per cent. in the following 30, and 1.3 per cent. in the following 150 cases. This progressive improvement in the death-rate is not so much dependent upon the improvement in technic of the surgeon, as upon the increased experience and knowledge of the disease, upon the more judicious selection of cases, and upon a better comprehension of the indications for operation in each given case. The surgeon learns by experience that Basedow patients are fragile, that they have no, or little resistance, that operations must be proportioned to their strength, and that failure to estimate the proper amount of surgical traumatism which the patient can stand may mean death.

When Shall We Consider a Patient as Cured?—If we glance over the statistics, either medical or surgical, we are struck by the fact that authors have a different way of appreciating the word *cure*. It is obvious that some regard as cured, patients who are regarded by others as only improved, and *vice versa*. What then shall we understand by *cure*? If by *cure* we mean the complete disappearance of objective as well as subjective symptoms, in other words, if we have in view a complete *restitutio ad integrum*, cure in Graves' disease is less frequent than is admitted, be it in surgical or in medical cases. The degree of cure will be directly proportionate to the stage of the disease in which treatment is undertaken. Only in the early stage can surgical treatment give 95 per cent. or even 100 per cent. of subjective as well as objective cure. When once the disease has progressed beyond certain limits, when it has lasted for a long period of time, or when the organs have become anatomically damaged, the patient may feel subjectively cured; he may be able to resume his normal activity, yet there still remain some objective symptoms, as possibly some enlargement of the thyroid, some glaring look, some widening of the palpebral fissure, possibly some tremor, or some occasional tachycardia—all stigmata of the past pathological process, similar in some respects to the scars left by smallpox. In some instances we shall find that exophthalmos still remains in a more or less marked degree, yet the patient is cured. The reason is found in the fact that because the globus oculi has been pushed out of place for so long a time, production of retrobulbar connective tissue and fat has taken place, thus preventing the eye from sinking back into its former position. Exophthalmos in that case is no longer a thyrotoxic symptom, but has become an acquired condition. The patient may therefore be regarded as cured. In other instances some degree of

tachycardia or of myocarditis still remains, yet the patient is unconscious of it, he is putting on flesh and feels well. There, too, the cardiac symptoms are no longer thyrotoxic symptoms, but must be regarded as an acquired pathological condition. In short, the disease has subsided, yet indelible traces of it still remain. These patients are cured just as those who are burned are cured; the active process is extinguished, but there still remains the "scar," which in a more or less marked degree, according to its extent and seat, will add to the depreciation of these individuals. They are cured only so far, but the anatomical damages done to the organs remain.

It is to be desired that this word, *cure*, applied to Graves' disease, for the sake of clearness and discussion, be standardized. It might be well to classify our results in the following manner:

1. Complete cure;
2. Subjective cure;
3. Great improvement;
4. Moderate improvement;
5. Failures;
6. Made worse.

1. *Completely cured* are the ones in whom *restitutio ad integrum* has taken place. No objective or subjective symptoms remain as a living witness of the past pathological process. The patient has regained his former health.

2. *Subjectively cured* are those who subjectively feel well, are able to resume their normal activities, and are able to stand, emotional as well as physical, strain without undue reaction. There may be, of course, some occasional tachycardia, some occasional nervousness, some occasional tremor; they may still show some thyroid hyperplasia, some moderate degree of exophthalmos, some widening of the palpebral fissure, etc. These symptoms, however, are not sufficiently troublesome to prevent the patient from leading a life of normal activity and usefulness. These patients rated at a "market value" might be considered as depreciated; they, however, are unconscious of this depreciation. They are subjectively cured.

The other divisions adopted: greatly improved, failures, made worse, are self-explanatory.

Unfortunately too many medical men as well as surgeons content themselves in giving their *immediate* results and do not bother about noting their *remote* results. It must be said, however, that surgeons have felt such a necessity more keenly than medical men, and in consequence a great number of them have sought to fill the gap.

We sometimes hear of medical men advising against operation because injury to the inferior laryngeal nerve, or to the parathyroids,

may occur, or surgical intervention fails to bring about a cure, or relapses after operation are sometimes seen, or because sometimes myxedema is the sequela of the surgical treatment.

In answer to these objections I will say that with the improvement of our technic, injuries to the inferior laryngeal nerve or parathyroids are rare. When they do occur they are not necessarily serious complications. Furthermore, that surgical treatment is not always successful, no one will deny. But the same result is truer for the medical treatment. There are cases, few in number fortunately, but nevertheless existing, which derive little or no benefit from an operation. As a rule this is due to the fact that the case was beyond repair, or that the operation has been insufficient; the case then belongs to the ones regarded by Kocher as "nicht fertig operiert." However, if the patient is reoperated, then the results become very much more satisfactory, and absolute cure may follow. In some other cases success may fail to respond when the thyroid is not the primary cause, as in the case of von Haberer's; there thyroidectomy had been of no avail, whereas thymectomy was followed by a marvelous cure.

It is said that there are cases which are made directly worse by the operation; these are rare indeed. I have never observed any in my own experience. To be sure relapses are met with once in a while, but the same is far more true for the medical treatment.

We see sometimes, fortunately rarely, patients who have been operated upon gradually show symptoms of *hypothyroidism*. But the same is true, too, for medical treatment. Have we not said more than once that a thyrotoxic patient left alone, unless he recovers or dies from the disease, is logically destined to become myxedematous? Some internists accuse surgeons of considering as cured patients who are only improved, and of not waiting long enough before publishing their results. The same can be said for internists; they, too, consider as cured cases which are only improved, and they, too, have relapses. How often do we not see Basedow patients who have been treated several times by several different internists and each time have been discharged as cured, come and seek surgical help?

MEDICAL TREATMENT.

Rest Cure.—Rest cure is certainly the best among all the medical means we have at hand to combat Graves' disease. It is the one which was already used by our forerunners in medicine; in fact, it is as old as the world itself. Nature applies it constantly; nature "rests" during the winter from her spring and summer activities. When a muscle has been driven too long, it automatically "rests" in order to recuperate.

Sleep is only a forced "rest." In medicine, "rest" is a panacea: the best medicine for an overburdened stomach is rest; rest is an essential factor for the recuperation of an overdriven heart; it is a necessity for a wrecked nervous system. No wonder then that it was applied to relieve thyrotoxicosis.

There is a great deal of truth in what Crile says, "If the brain could enter into a state of actual hibernation like the bear, it [*i. e.*, thyrotoxicosis] would certainly be cured; but unhappily the knowledge of the gravity of the disease itself becomes one of the psychic excitants which aggravate the disease, the entanglement frequently becomes hopeless, and like the Gordian knot, must be cut." I am, however, not convinced that "brain hibernation" alone would suffice to bring about a cure. We often see patients whose nervous disturbances are only second to their other symptoms; these patients are usually moderately nervous, they sleep well, yet, sleep, which is in itself a hibernation, makes little or no difference in their condition. During sleep their organism is still being driven at top speed, the fire does not subside even partially. All this is so because the brain only "hibernates" and not the other organs, especially the thyroid. If the entire organism could hibernate, only then would we have a cure. From this it follows that rest is only an indirect means of treating thyrotoxicosis; it does not attack the causal factor itself, namely, the thyroid, but influences it most by an indirect route, the nervous system.

In order to be therapeutic, rest must be complete; it must consequently be *mental* as well as *physical*. Here, again, it is difficult to set down hard-and-fast rules. The majority of patients will do better far away from their ordinary surroundings. For some the best place is in a sanitarium or hospital; others will find in a sojourn in the country or woods more complete freedom from mental, emotional, and physical exertion. These patients should stay and sleep out of doors day and night as much as possible. A sojourn in a moderate altitude, 1000 to 2500 feet, is far more beneficial to them than the seashore, where the majority of these patients are made distinctly worse. Careful inquiry will often elicit some particular etiological factor such as overwork, worry, disappointment, etc., which has been instrumental in fomenting the disease. This, of course, so far as possible must be eliminated. Talkative friends must be rigidly excluded. The same is true for members of the family from whose petty disputes and vexatious interferences, as Beebe expresses himself, the patient at times stands sorely in need of protection. Only one or two sympathetic and congenial visitors may be allowed to visit for a short time occasionally, and indeed just as a distraction; solitude must not be allowed to become too heavy to bear. It must never be forgotten that thyrotoxic patients are highly

sensitive and often react with a veritable thyrotoxic explosion to some trivial annoyance. The moral comfort, the persuasive, although firm attitude of the physician, and the implicit confidence of the patient in him, are necessary conditions for success.

Thus it will readily be seen that the true "rest cure" is difficult to obtain. Only people of means can follow a real "rest cure" and although with them expense is a secondary matter, even they as time goes by, after months and possibly years have elapsed and the much-longed-for cure is still far away, become discouraged, worried, and impatient; the "rest cure" becomes a burden to them. Under such circumstances benefit can no longer be expected from rest.

If this is true for the rich class, how much truer is it for the working class? The necessities of life are imperative with them. They must make their living; they may even have large families to take care of, or they may have a sick husband, father, or mother, to support while they have little or nothing to live upon except what they make. How would you expect them to "rest?" Indeed, they will obey your orders and try to rest, but when after three, five, eight weeks of rest, they see no improvement, when they possibly see that the condition is getting worse, when their financial means are becoming exhausted, or when finally they realize that this "rest cure" may last months or years, and that very likely at the end of that time they will have to be operated upon anyway, they give up in despair and indeed, no one can blame them for it. "Rest cure" for them is impossible; it is illusory. Under such conditions, rest cure is only good as being preparatory to surgical treatment, and not at all as a curative means.

Medication.—So long as there is no specific medicine for Graves' disease the little which can be used is based purely upon symptomatic indications.

Digitalis and strophanthus have been used extensively. When organic cardiac disturbances are present this medication has shown itself very beneficial. When the disturbances are purely functional little or no benefit has been obtained. Not infrequently it has proved harmful.

Nervousness and insomnia are treated with bromides, aconite, trional, sulfonal, chloral, veronal, and baldrian.

Belladonna and atropin are often beneficial in excessive sweating.

Antipyrin, salicylate of soda, and aspirin have been used where there is some fever, neuralgic pain, and especially acute articular rheumatism.

Arsenic is oftentimes not well tolerated, yet it is a valuable remedy. It can be given under the form of Fowler's solution, of pills (*pillulæ asiaticæ*), or of cacodylate of soda subcutaneously. Iron finds little indication.

Glycerophosphate of soda has sometimes given excellent results. Phosphate of soda has been recommended by Kocher. It must be given in large doses 6 to 8 grams a day, since only a small proportion of it is absorbed.

Salts of quinine, according to Marquette, act upon the sympathetic and, according to Huchard and Lanceraux, have a vasoconstrictive effect upon the thyroid. What in the Middle-west of our country is known as the "Forcheimer treatment" is based upon the use of hydrobromate of quinine and ergotin.

R _y —Quinine hydrobromate	.	.	5 grains.
Ergotin	.	.	1 grain.
D.S.—Three or four times a day.			

Forcheimer was led to use the quinine by noting the favorable action on an individual patient and the fact that "Jesuit's bark" had been advocated in the treatment of goiter. Ergotin was used on the theory that it influenced the size of the bloodvessels. The use of either of these medicines in exophthalmic goiter is empirical, and neither one is particularly indicated. It is nevertheless a fact that some patients have improved decidedly and rapidly with that form of treatment. In many others, however, the effect is scant and not lasting, or totally negative.

For itching the following formula is sometimes of value:

R _y —Carbolic acid	10.0
Acetic acid	200.0
Aq. dest.	790.0
M.D.S.—For external use.	

Diet.—A simple, good, wholesome, varied diet with plenty of everything is much the best. Wines, tea, coffee, red meats, and highly seasoned food should be avoided. Chicken and fish may be allowed. Some patients do well with a diet rich in carbohydrates and fats. Vegetables, especially the leguminous plants, are very beneficial, not only on account of their alimentary quotient and influence upon the motility of the intestines, but also on account of their mineralizing properties. This latter feature is of importance since we know that Basedow patients often eliminate great amounts of mineral salts, especially phosphates and calcium salts. Water must be taken plentifully. Meals should be taken regularly, three times a day, with nothing between times. With some patients, however, it may be deemed necessary to push the feeding by increasing the number of meals. Great care should be taken not to upset the stomach. Sometimes large quantities of milk, kephir or zoulac, three or four quarts a day, prove exceedingly beneficial. Often, however, this fluid diet is not well tolerated and causes stomach dilata-

tion, hyperacidity, indigestion; in that case the object of the diet is defeated. As a general principle, our aim should be to feed the patient to the utmost with the least tax upon the digestive apparatus.

Hydrotherapy.—Hydrotherapy is, too, an excellent adjuvant of the medical treatment. The exact form in which it must be used depends upon the patient. Most patients react well to baths, provided these are of moderate temperature. Such baths, as a rule, have a quieting effect upon the nervous system, enable the patient to sleep better, and tonify the musculature. Some other patients will do better by taking a warm bath first, followed by a cold spray or douche. When vascular symptoms are greatly developed in the thyroid, and when tachycardia is very marked, ice-bags applied on the neck and an ice-cap over the heart are often able to reduce the activity of the thyroid and to mitigate the severity of the cardiac symptoms.

So far as bath resorts are concerned, although a number of them are advertised, especially in Europe, as highly beneficial to Basedow patients, none of them has won fame as “specific.” Whenever I am called upon to give advice in this respect, I always try to send my patients to regions where the water is notoriously goiterigenous in the hope that it will calm down the high, hyperactive epithelium of the thyroid gland. The well-known benefit that Basedow patients derive from a sojourn in mountainous and goiterigenous regions of Switzerland may very well be attributed to this fact.

Electrotherapy.—Electric treatment may be general or local. The general treatment portends to quiet the nervous system, and to facilitate the elimination of thyroid toxins. The local treatment tends to influence directly the thyroid, sympathetic, and bulbar centers.

General Treatment.—Vigouroux divided Basedow’s disease into two large categories: those which have a retarded metabolism, and those which have an accelerated one. According to him electric treatment should not be applied to the second class, as it will only tend to exaggerate the symptoms, especially tachycardia, and nervousness; on the contrary, those who have a retarded metabolism will be greatly benefited by electric treatment under the forms of static baths lasting from ten to twenty minutes each time. Baths of high frequency can be given and their efficacy is well supported.

Local Treatment.—Vigouroux employs the faradic treatment applied, 1st, on the carotid region; 2d, on the eyes; 3d, on the goiter itself; and 4th, on the cardiac region. The treatment produces diminution of the nervous excitement and favors sleep.

Galvanic Treatment.—In the last few years the galvanic treatment has become classical. A large, well-padded electrode, 80 to 120 sq. cms., is connected with the negative pole while another electrode from

150 to 200 sq. cms. is placed on the superior portion of the spinal column and put in communication with the positive pole. The current must be graduated with a rheostat and brusque variations avoided. Thirty to 60 milliampères are used. The treatment lasts from ten to thirty-five minutes every day.

For M. Chartier, the *galvanofaradization* of the thyroid, especially at its vascular poles, of the heart, and of the vagosympathetic system is the method of choice. A. R. Raineau gives the preference to the continuous electric current. This form of treatment requires a great deal of experience and its intensity must be in direct proportion to the tolerance of the patient, consequently the ampèrage will vary with each given case. The dimensions and nature of the electrode, as well as the polarity to be employed, are important. The method of choice is to place the cathode upon the thyroid; this electrode must be of appropriate size and nature. When such is the case the intensity of the current may run up to 70 milliampères. The current must be started progressively and stopped the same way, otherwise pain will follow. The electrode used for the electric treatment of the eyes is of cup-shaped form and must be closely adapted to the eyes. It is filled with moistened cotton and the milliampèrage must be very low.

Electrolysis could be employed as a means of reducing the size of the gland, but is painful, requires a great number of applications, leaves a scar, and finally may cause respiratory disturbances on account of connective-tissue degeneration of the gland.

In conclusion it may be said that electric treatment, whatever its form may be, for Graves' disease has often a beneficial effect, especially when combined with other medical measures. Its results, however, are not lasting and are rarely curative. The condition generally relapses as soon as the treatment is stopped.

Radiotherapy.—X-ray treatment has a sedative and soothing effect upon the nervous system of the patient. It ameliorates the cardiac condition and diminishes the goiter, but its effects are inconsistent and not lasting. In advanced cases where other medical means fail to bring about sufficient amelioration to permit some surgical interference, and when the case is steadily growing worse, x-rays may be used to bring about a shrinkage of the thyroid gland and a sufficient diminution of the thyrotoxic symptoms to allow surgery to take place. This treatment has, however, the great disadvantage of creating many adhesions around the gland, thus rendering the operation bloody and difficult. It is, too, a difficult matter to estimate the proper duration of this treatment and the dosage suitable to every case. If one is guided only by the amelioration of the symptoms, the treatment may very well last so long that, subsequently, hypothyroidism will follow.

TREATMENT WITH X-RAYS.

Name and year.	No. of cases.	Cures.	Improvements.	Failures.	Relapses.	Deaths.	Remarks.
1906 Sklodowski, J., <i>Deutsch. med. Wchnschr.</i> , 1906, xxxii, 1340.	1	..	1	Treated by x-rays. Symptoms relieved but patient not cured in six months.
1911-12 Rinniger, E. M., <i>Northwest M.</i> 1911-12, iii, 44.	4	..	1	1	2		
1913 Boumann, H. A. H., <i>Jour. Lancet, Minn.</i> , 1913, xxxiii, 425.	2	..	1	1			
1906 Pfeiffer, C., <i>Beitr. z. klin. Chir.</i> , 1906, xlviii, 367.	51	51	2	27	..	22	Treated by x-rays.
1907 Beck, C., <i>New York Med., Monstsch.</i> , 1907, xix, 281.	8	8	7	1	Treated by x-rays.
1909 Taylor, W. J., <i>Am. Surg.</i> , 1909, xlix, 578.	1	1	1	Treated by x-rays. Was made worse.
1910-11 Freund, L., <i>Arch. Roentg. Ray</i> , 1910-11, xv, 13.	23	17	..	20	..	3	Treated by x-rays.
1911-12 Scott, J. N., <i>Jour. Mo. State Med. Assn.</i> , 1911-12, viii, 151	11	10	1	10	Treated by x-rays. One subsequently operated upon.
1912 Storey	41	14	22	4	1		
Hooten	14	10	4	Private patients.
Hooten	17	7	4	4	2	..	Hospital cases.
1913 Blitstein, M., <i>Prakt. Aerzt.</i> , 1913, liii.	3	3	..	2	..	1	Treated by x-rays.
Turner, D., <i>Lancet, London</i> , 1913, ii, 924.	4	4	..	4	Treated by radium preceded by x-rays.
1914 Birdsall, E., <i>New York Med. Jour.</i> , xcix, 1032.	3	3	..	3	Treated by x-rays. Only relieved symptomatically.
Leonard, C. L., <i>Ibid.</i> , 579.	4	4	1	3	Treated by x-rays.
1916 Fisher, <i>Ugeskrift for Laeger.</i>	94		15	79	Exophthalmos remained refractory.
Case, <i>Iowa State Med. Jour.</i>	30		Claims results as good as can be obtained by surgery.
Rugles, <i>Calif. Jour. of Med.</i>	24	Improved as regards nervous sweating, weight, and sleeplessness.
Seymour, <i>Boston Med. and Surg. Jour.</i>	80	..	7.8	Balance improved.

THE SERUM TREATMENT IN EXOPHTHALMIC GOITER.¹

Date.	Cases reported by.	Method of treatment; kind of serum used.	Previous duration of disease.	Sex; age.	Time under treatment.	Change in goiter.	No. of cases.	Change in exophthalmos and other symptoms.	End-results of cases.
1895	Enriquez	Thyroidectomized dog's blood	9	Relieved	In 1903 the writers say that the end-results are disappointing. General condition very much improved.
1899	Lanz	Thyroidectomized goat's milk	2 weeks	Less	1	Very much benefited.
1899	Lanz	Thyroidectomized goat's milk, 2 cups daily	9 weeks	Less	1	
1903	Lanz	Thyroidectomized goat's milk	F.	3 months	Same	1	Feels completely cured.
1903	Lanz	Thyroidectomized goat's milk, 1 liter daily	3 months	F.	3 months	Less	1	Less	Was bed-ridden before; now is able to be up and at work.
1903	Lanz	Thyroidectomized goat's milk, 1 liter daily	F.	3 months	Less	1	Much better. Able to go through childbirth without trouble.
1903	Lanz	Thyroidectomized goat's milk	1 year	F. 25	3 months	..	1	Great improvement.
1899	Burghart	Myxedema patient's blood, 250 c.c., S. C.	8 weeks	..	3	A great gain in weight and remission of symptoms but can call no case a cure.
1901	Moebius	Moebius's serum	4 years	..	52 days	Less	1	In both of these cases there was marked alleviation of all symptoms.
1901	Moebius	Moebius's serum	2 years	..	3 months	Less	1	General and mental symptoms much improved
1902	Schultes	Moebius's serum	3 years	F. 45	1½ months	Less	1	
1902	Goebel	Thyroidectomized goat's milk	10 years	F. 36	A few weeks	Less	1	Less	Bed-ridden before, now able to walk a mile without fatigue.
1904	Kuhnemann	Rhodagen 6 grains	6 weeks	F. 19	1 month	Gone	1	Gone	Reports later as completely cured. Had tried all other methods of treatment.
1904	Murray	His own serum	18 months	F. 20	2 months	..	1	Slight change	Moderately good results in both cases but not sure it is due to serum.
1904	Murray	His own serum	5 years	F. 19	3 weeks	..	1	
1905	Thieniger	Moebius's serum	M.	1	Better	No change on large doses.
1905	Thieniger	Moebius's serum	F.	2 months	..	1	Better	Improved in every way.
1905	Thieniger	Moebius's serum	Less	1	

	Thieniger	Moebius's serum	5 days	..	2 weeks	Less	I	Better	
1905	Hempel	Moebius's serum	6 weeks	F. 55	1 month	Less	1	An acute case apparently saved from death by means of the serum.
1904	Moussu	Parathyroids of a cow	1	Improved greatly in every way. Gained but died later of tuberculous.
1905	Macculum	Parathyroids of a cow	1	No remarkable results as yet.
1905	Roberts	Testiculin	5	Marked improvement.
1905	Christian	Thyroidectin	18	All considerably benefited.
1905	Kuh	Moebius's serum	1	An excellent palliative but cannot speak as yet as to the permanent results.
1905	Kuh	Thyroidectin	10	Was bed-ridden, now is able to work.
1905	Mix	Moebius's serum	A considerable period	..	1	Able to work with a complete disappearance of all symptoms.
1905	Mix	Moebius's serum	A considerable period	..	1	A slight improvement but is not sure that it is a result of the serum.
1905	Rydel	Rhodagen	4	No gain whatsoever.
1905	Sigel	Rhodagen	3 months	..	2	No result.
1905	Ewald	Rhodagen	Several weeks	..	2	Was unable to work but now has been working for six months. "Cured."
1903	Adam	Moebius's serum	3 years	..	1 month	..	1	In both of these cases there was a disappearance of all acute symptoms and a marked general improvement.
1903	Kirnberger	Rhodagen	2	Good effect.
1905	Peters	Moebius's serum	1	Marked improvement.
1904	E. von Leyden	Moebius's serum	3 years	1	Feels very much better.
1904	E. von Leyden	Moebius's serum	2 years	F. 37	1	Cured in one and a half years.
1904	E. von Leyden	Moebius's serum	1½ years	..	1	Patient absolutely transformed into a new and healthy woman. Cured.
1904	Sainton	Thyroidectomized sheep blood serum	F. 35	8 months	..	1	A great improvement but has to take the serum right along.
1904	Sainton	Thyroidectomized sheep blood serum	M. 31	6 months	..	1	Entirely cured but has to continue the serum.
1904	Sainton	Thyroidectomized sheep blood serum	3 years	F. 51	21 days	..	1	

¹ Hawes, J. B.: Am. Med., New Series, 1906, i, 415.

Serotherapy.—Two methods have been in use; the one intending to neutralize the thyroid secretion in the organism itself, and the other, by the use of a thyrotoxic serum, aiming to diminish the secreting surface of the thyroid or to destroy a portion of its secreting elements. The first method is called *antithyroid chymotherapy*, and the second, *thyrotoxic serotherapy*.

Antithyroid Chymotherapy.—Many attempts have been made in recent years to alleviate the symptoms of Graves' disease by giving the patient milk, serum, or dried blood taken from totally thyroidectomized animals. The principle underlying this therapeutic measure is, that after thyroidectomy, substances, or better antibodies, accumulate in the blood or milk of the thyroidectomized animals. When administered to a thyrotoxic patient, these antibodies neutralize in some way or another the excess secretion of the thyroid. It was suggested by Hunt that the results obtained with the milk of the thyroidectomized animals were due to the milk diet *per se* and not to the formation of antibodies. Edmunds and Trendelenburg concluded from their experiments that in thyrotoxic animals toxic substances accumulated in the blood and milk, and that these substances instead of being antagonistic to the thyroid, had a synergistic action; while Hunt believed that the blood of thyrotoxic animals contained substances which aroused the thyroid gland to increased activity, as is shown by the acetone trile test. This suggestion is in harmony with the conclusion of Edmunds, who found that the administration of milk of totally thyroidectomized goats to rats fed with thyroid hastened the death of the rats.

The various chymotherapeutic agents are: in France, *hematoethyroidin* of Hallion, which is the total blood of thyroidectomized horses; in Germany, the Moebius *antithyroidin* of Merck, which is the serum of thyroidectomized sheep, and which can be obtained either in dried or liquid form, and the *rhodagen* of Burgardt and Blumenthal, which is the dried milk of thyroidectomized goats; in England and America, the *thyroidectine* of Parke, Davis & Co.

All these various chymotherapeutic products are used *per os* and not subcutaneously or intravenously on account of the symptoms of intoxication, and especially on account of anaphylaxis, which they are liable to cause.

The results from such methods are variable, most of them having resulted in failures. The amelioration obtained is usually only temporary and relapses as soon as the treatment is ceased; furthermore, the treatment is of long duration. Cases of hypothyroidism in connection with their use have been observed by Dunz, Dürig, Murray, Blumenthal and Pitt. It is not said, however, that this hypothyroidism was caused by chymotherapeutic agents themselves, but may have been

the natural result of the prolonged overactivity of the gland resulting finally in hypoactivity.

Thyrototoxic Serotherapy.—As said before, this method aims to diminish the secreting surface of the thyroid by inhibiting or destroying a portion of its secreting cells. The theory is based upon the researches of Bordet and Metchnikoff who have found that if repeated injections of crushed products of an organ such as the liver, the kidney, etc., are injected into an animal, there appear in the serum of this animal substances which exert an elective, destructive influence upon the organ similar to the one from which they originate. The serum has become cytotoxic for that organ; since we have a hepatotoxic, a nephrotoxic, and surrenotoxic serum, we have, too, a thyrototoxic serum.

The first researches were made simultaneously in the same year by various physiologists such as Sartinara, Gontscharukow, Mankowsky. The first attempt with cytotoxic serotherapy in man was made by Murray. Rogers and Beebe, however, have done the most extensive work in that line. In Beebe's opinion the dose used for therapeutic purposes is not actively cytotoxic, the purpose of the treatment being to relieve the toxins and not to cause an immediate destruction of the gland; consequently he regards it as antitoxic.

The thyrototoxic serum is very apt to cause anaphylaxis, either local or general. As Beebe says, the patient complains of intense pain in the back, and experiences a sense of suffocation. The skin becomes flushed and itches intensely; the patient is nauseated, may vomit; and syncope may follow. However, the whole disturbance subsides quickly and the patient, aside from being frightened, is soon all right again. These symptoms are especially apt to occur when erroneously the injection has been made intravenous. Phenomena of local anaphylaxis are characterized by swelling of the arms, pain, redness, and erysipelatos-like eruptions.

The results obtained with such therapeutic methods are exceedingly variable and, as seen, are not devoid of danger. According to Lenormant, sudden deaths have followed this form of treatment. Furthermore, the treatment is painful, long and expensive, and the serum is not always easily obtainable. In the estimation of its most active promoters, this "specific serum" is not "specifically curative," inasmuch as it must be backed up by medical or surgical treatment. It is an adjuvant of either medical or surgical means. The theory upon which it is based is of extraordinary interest, and may some day give us the solution of our problem.

Polyglandular Medication.—Ovarian and testicular opotherapy have been used with some success in certain cases and with failures in others. Those cases which were successful were the ones in which Basedow's

disease was seemingly dependent upon disturbances of the ovarian function either at the time of puberty, menopause, or pregnancy. On the other hand, in many such cases the results remained negative.

Thymus Opothrapy.—The thymus was used for the first time, and accidentally at that, in 1895 by Owen who had prescribed for his patient fresh thyroid. The doctor saw afterward only that the butcher had mistaken the thymus for the thyroid, yet the result of its use was brilliant. Since then thymic opotherapy has been used with marked success in some cases and again with total failure in others. The thymuses of calves and sheep are to be selected when this method is resorted to.

Hypophysis Opothrapy.—Hypophysis opotherapy has been used to alleviate the symptoms of hyperthyroidism with the most varying results. When effective it alleviates the tremor, digestive troubles, sweating and hot flashes; tachycardia diminishes and the general condition of the patient improves. The results, however, are inconstant.

Parathyroid Opothrapy.—Parathyroid opotherapy was used with some success by Monson; the case was markedly improved, but relapsed as soon as the treatment was stopped.

Adrenalin has been used without great success.

Pancreas Opothrapy has sometimes proved beneficial in the fulminating forms of hyperthyroidism of the gastro-intestinal type. Often, however, it has proved a failure. I have employed this medication with the most varying results.

Polyglandular opotherapy is still in its infancy; more trials of it should be made.

Crotti's Treatment for Exophthalmic Goiter.—During the past year I have been using the following formulæ with very good success. In a number of cases the results were remarkable; in others, however, they were negative. I called the first set of tablets *Thyrotoxic Goiter Tablets*, the second, *Polyglandular Tablets*.

TOXIC GOITER TABLETS.

Sodium arsenate	0.001
Sodium phosphate	0.12
Salol	0.1
Sodium bromide	0.05
Sodium bicarbonate	0.05
Calcium oxalate	0.05
(Chocolate coated)	

POLYGLANDULAR TABLETS

Pituitary gland (desiccated)	0.05
Suprarenal gland (desiccated) U. S. P.	0.05
Pancreas (desiccated)	0.05
Corpora lutea (desiccated)	0.05
(Chocolate coated)	

The toxic goiter tablets and the polyglandular tablets are prescribed simultaneously. The patient is told to take two of each at the same time, three to six times a day.

Like the simple goiter tablets these tablets have been put up for me by the Parke, Davis & Co. I have no objection to having any other firm put them up. These tablets are not patent medicine.

CHAPTER XXXIX.

INDICATIONS AND CONTRA-INDICATIONS FOR SURGICAL TREATMENT OF EXOPHTHALMIC GOITER.

As we have seen, neither medical nor medicinal treatment, nor radiotherapy, nor serotherapy, is able to compete with surgery so far as results are concerned. Their results are inconstant, incomplete, and insufficient. *Surgical treatment is the method of choice.*

Too often, however, medical men consider surgical operation in Graves' disease as a means of last resort. They wait too long. They experiment with too many medicaments. In the meantime the disease progresses beyond their control; the organs become vitally damaged, and the outcome becomes more than dubious. Only then, they call in the surgeon to see what can be done: and like Pilate, they too, wash their hands of it all. It must be emphatically proclaimed that this way of doing is unfair; unfair to the patient, because he loses his best chances of a complete cure; unfair to the surgeon, because his efforts cannot be crowned with the success they should; and unfair to future patients. How often do we not see patients in the early development of their disease frightened away from an operation because a hopelessly lost case has been given the "last chance," the one of operation, and has died? On that account an early case, which otherwise would have accepted an operation and would have been cured by it, will hesitate, procrastinate, and thereby lose precious time. Only when the case is too far advanced for assured success will an operation be sought.

Since it is a recognized fact that surgical treatment can be beneficial or curative, and indeed this has been abundantly demonstrated, why wait so long before calling in a surgeon? On the other hand, if one admits that Basedow patients are not surgical, why refer them to the surgeon at all? Why not bear the full responsibility of the decision? So long as thyrotoxic cases shall be referred to the surgeon in the late stage only we shall have the sorrow of registering only incomplete, unsatisfactory results, while the death-rate will continue to be high and failures numerous. It is not the first time that we have had to experience the disheartening lack of support from medical men in some of our big medical problems, as, for example, in the field of appendicitis, gastric, and duodenal ulcer, etc. In such fields we have finally won out. No one today would think of treating medically a case of appendicitis unless for some special reason. Appendicitis has become a surgical disease, yet,

there is no doubt that appendicitis can be cured medically in a number of cases. Why not then remain consistently true to this latter form of treatment? It is because when a case of appendicitis begins, no one knows precisely the course it is going to take; how and when it is going to terminate; whether it is going to perforate, to cause a diffuse peritonitis, or a fistula with one of the intra-abdominal organs, or a thrombophlebitis, an endocarditis, nephritis, hepatitis, or a subphrenic abscess, or a purulent pleurisy, etc., and finally, to cause death. While, on the other hand, if the offending appendix is removed in the early stage of the inflammatory process, all these complications are mostly avoided, and as a result the death-rate is reduced to the minimum. The same is true for thyrotoxicosis. No one can tell what an incipient case of hyperthyroidism is going to do, whether or not it is going to transform itself into a fulminating or a more chronic form of thyrotoxicosis; what the extent of the permanent damage to the organs of the individual will be; how many years the period of invalidity is going to take, and to what extent the depreciation of the individual will amount to at last, while, on the other hand, if we operate in the *true incipient stage*, we know from experience that we shall have not far from 100 per cent. of permanent cures and practically no deaths. Why should we hesitate then? In my earliest experience I had a number of times the sorrow of seeing patients, to whom I had advised a course of medical treatment for their incipient hyperthyroidism, come back later in a pitiful state. We should never forget that Basedow patients are fragile, that a slight infection, or a benign operation is liable to cause serious accidents; that the more the disease progresses, the more chronic changes take place in the organs, and consequently, the less probable are the chances for success. In order to demonstrate this very thing, Schultze went over the cases operated by Riedl. He divided the cases into three series, the light, the medium, and the severe forms. The light forms gave 100 per cent. of cure; the medium forms 6 per cent. death and two-thirds cure, the severe forms 57 per cent. success and 28 per cent. death.

Kocher, Riedl, Landström, Mayo, etc., all consider surgical treatment as the safest, surest, best and most satisfactory way of handling the disease. A study of the statistics bears out their statements. It is only justice, however, to say that some of the best medical men are fast coming to recognize the necessity of surgical treatment. The example comes from such notable medical clinics as those of von Noorden, Fr. Müller, and of others, where the cases of Graves' disease which do not respond promptly to medical treatment are advised to undergo surgical treatment. Barker, one of our eminent American internists, said that the treatment of Graves' disease belongs to the surgeon. Lemke said the same thing.

It would be a mistake, however, to think that every thyrotoxic case should be operated. Each patient is a problem in himself, and only experience and judgment will tell what is the proper thing to be done in each given case. One thing is certain: there is a class of thyrotoxic patients, which, properly handled, can be cured by medical means. To operate on such would be to perform unnecessary operations. On the other hand, there is another class of patients which are, by right, absolutely surgical.

It is often said that any thyrotoxic case which has been under medical treatment for a certain period of time and that does not show any decided improvement, should be turned over to the surgeon. This is, of course, true, but it may sometimes be difficult to decide when medical treatment has become insufficient and when the psychological time to resort to surgical treatment has come. Some authors set down hard-and-rigid rules and claim that if a patient after "six weeks or three months" of medical treatment is not on the road to recovery, he should be operated. Although this is, on the whole, a wise rule, mathematical rules, however, do not fit this disease of such protean and deceiving character. It is not so much a matter of time as it is a matter of judgment. Indications change from one patient to another. There are cases which should be operated at once, and then again there are other cases which could be treated medically for a much longer period of time without running the risk of impairing the chances of success, should an operation eventually have to be resorted to. As Moebius said, "We should not operate too soon, nor too late."

As a matter of fact, we are practically never called upon to operate in cases in which the diagnosis is doubtful. The great majority of cases have been diagnosed over and over again, and repeatedly apparently cured, so that actually from a surgical stand-point the result does not depend so much upon the diagnosis of Graves' disease as it does upon the operable condition of the patient.

When once an operation has been decided upon, the judgment and experience of the surgeon will be largely the determining factors for the safe outcome of the case. Surgeons, because they have done too much, have killed a great number of patients with exophthalmic goiter; also, they have killed many others because they have used a general anesthetic when they should have used a local one, or because they have subjected their patients to an operation near, or at the top of a wave of hyperthyroidism, or because, as some one has said, "they have done the right thing at the wrong time, or the wrong thing at the right time." There is no other field in surgery in which more than in the thyrotoxic field, the surgeon must be first and above all a good diagnostician. Here he must be able to appreciate the strength of a given heart, to judge how

much shock a nervous system will be able to stand and how much it will not; to know whether the case is complicated with thymus enlargement or not, or whether the degenerative processes in the organs have gone so far as to compromise the safety of the operation. Then there comes next the complete mastery of the surgical technic, as the other asset for success. But even then, with the best medicosurgical judgment and experience, every surgeon will sometimes meet with misfortune because the conditions found are deceiving. A heart seems to respond beautifully to a preliminary treatment but great is our surprise to find that when this heart is expected to stand by us, it simply quits. Again, in another case the wave of hyperthyroidism seems to be tided over; and surgical interference seems to be safe, yet, an acute spell of hyperthyroidism follows the surgical act so that death may ensue. Or in still another case the operation takes place just when an acute spell of hyperthyroidism is in its latent stage. Here the operation acts as an explosive and determines a very acute spell of hyperthyroidism. Then, too, there are unavoidable casualties due to pneumonia, acidosis, nephritis, etc.

It is often said that we surgeons "select" our cases. If by this is meant that we refuse our help whenever there is a risk, simply for the sake of being able to publish beautiful statistics, then it is not true. We all operate thyrotoxic cases whenever there is a chance of bringing about a cure or even relief. But, if it is meant that we do not operate indiscriminately all the exophthalmic goiter patients without giving their condition careful attention and without weighing the chances for success, then the assertion is very true and to our credit. I will say more, it is our duty to do so. It is only by weighing carefully all the minute pros and cons, and by taking into consideration what Mayo calls the "factors of safety," that men like Kocher, Mayo, and many others have reduced their mortality to practically nothing and have obtained such brilliant results.

When men like Crile, for instance, give credit for their improved results and diminished death-rate to their methods, such as anoci-association and nitrous oxide, etc., I feel that they are too generous toward their methods and too unjust toward themselves. They should not forget that in the course of years their medicosurgical judgment has improved, and that experience has taught them that in Graves' disease there is a danger-zone which no one dares to pass without great risks; that the surgical traumatism, no matter how small, must be graduated to the resistance of the patient, that there are "factors of safety" which cannot be ignored without punishment. That this must be so is shown by the fact that men who do not make it a practice of applying the same methods such as anoci-association and

nitrous oxide, for instance, have just as good results, to say the least. Who can beat, for instance, Kocher's and Mayo's statistics so far as results are concerned? Yet Kocher's patients, unless physically unfit, walk from their bed to the operating room where surgical preparation is made over again; they undergo the operation under local anesthesia, with the full knowledge that the operation is being performed, and after the operation, as a rule, walk back to their beds. We all know that a painless local anesthesia is a difficult matter to obtain, so that consequently the elements, pain and fear are not absolutely eliminated. Yet his death-rate is less than 1 per cent. and his cures between 75 and 80 per cent., while the rest are materially improved. Why should it be so if the whole problem should resolve itself into a question of psychic and painful stimuli? As a matter of fact, the whole secret lies in the careful graduation of the surgical traumatism, no matter if ether, nitrous oxide, or local anesthesia is used; it lies, too, in the careful selection of the psychological time for the surgical venture. All the other conditions are good adjuvants, but not essential.

What Line of Conduct Shall We Follow in Deciding the Course of Treatment for Each Given Case?—The following is the one which has served the writer as a guide:

1. A *secondary* or *Basedowified* goiter, whether causing mechanical symptoms or not, is by right surgical. Here thyrotoxicosis is secondary to the presence of that goiter, be it colloid or cystic, or malignant, and as soon as the goiter is removed thyrotoxicosis subsides. These cases are the ones in which the results are among the most gratifying. They respond quickly to the surgical treatment, and provided they are not too bad surgical risks, the death-rate is low.

2. The *early mild forms* of hyperthyroidism in young individuals *should be treated medically*. We often see young women in schools and colleges, girls and debutantes react to overwork and undue excitement with a mild form of hyperthyroidism. They complain of nervousness, palpitation, insomnia, loss of appetite, muscular asthenia; the cardiac action runs up to 100 or higher; they have a moderate thyroid hyperplasia. This class of patients should be the triumph of medical treatment. Such patients should be treated with rest in bed for several weeks or months until the condition has subsided. Furthermore, their activities should be stopped and complete relaxation obtained. Here all physical as well as medicinal means which medical treatment possesses can be applied. Even a few carefully applied x-ray treatments might prove of value in stopping thyrotoxicosis in its embryonic stage. If, however, despite a medical treatment intelligently applied, the condition shows a progressive tendency an *early operation* should be resorted to in order to bring about a cure. The results are certain, almost 100 per cent., and the death-rate practically negative.

3. The *early typical* cases are *surgical cases*. Just as in acute appendicitis, we do not wait for perforation and general peritonitis to take place, so in these cases we should not wait until the condition has become too severe before interfering surgically. If the patient seeks medical aid for the first time and medical treatment has not been applied, it is well to give it a short but fair trial with the view of preparing the patient for an operation. If in the meantime the condition subsides quickly, all well and good. If not, or if when cured, these cases show a tendency to relapse, then operation should be resorted to without much delay. This is, too, a class of patients where surgery can boast of not far from 100 per cent. cure and a low mortality.

In this class of cases the social condition of the patient has an important bearing upon the decision to be taken. If the patient belongs to the more fortunate class, who therefore can devote time and money to recuperation, and can go from one resort to another, the medical treatment may be given a longer trial, *provided the disease loses its progressive character*. But unfortunately a great number of these patients do not belong to this favored class. Either they must make their own living, or they have large families to take care of, or they have to live on what they have saved. It is consequently impossible for them to undergo an adequate course of treatment with the necessary physical and mental rest and perhaps change of environment before and after treatment. In such cases it would be unreasonable to ask such patients to devote months and years to rest cure and medicinal treatment. The best and only treatment for this class of patients is an early operation. But do not think for one moment that wealth will protect rich patients and save them from surgical treatment. If they belong to the rich class they do not necessarily belong to the privileged class, so far as health is concerned. Indeed I am safe in saying that in Graves' disease the wealthy furnish a heavy contingent of such patients.

4. In the *well-advanced typical cases* no time should be lost before an operation, whatever it may be, is performed. Such cases, as a rule, have already run the gamut of medical means; they have had, off and on, periods of welfare alternating with periods of exacerbation; they have very likely been discharged as medically cured more than once, and each relapse has left them just a little more vulnerable than before. Not only have such cases long since passed the medical stage, but they are also no longer safely surgical. The immediate family should be told frankly that a complete recovery is possibly no longer to be hoped for, and that in that stage the death-rate is higher.

5. The *severe advanced cases* of long standing have, so to speak, *passed the surgical stage*; they have become damaged beyond the possibility of repair; they have *become medical again*. Indeed, in such cases the organic changes in the various organs of the body such as the heart,

liver, kidneys, etc., have become so marked that hope of a cure is out of the question. Their whole organism is so completely disorganized, and their resistance so impaired, that an operation as light as it may be is not a procedure to go into without considerable prudence. In such cases if there are reasonable chances for safety for surgical treatment a ligation might be made. When once such patients have withstood the surgical shock it is sometimes remarkable to see how much such a light operation will improve their condition. It will often put them into such a favorable condition that later on they will be able to stand further surgical procedures. We all in our experience have seen similar cases which have been, so to speak, grabbed out of the grave and restored to a life of comparative comfort. But unfortunately it is this class, too, which furnishes the highest mortality. If, for safety's sake, any surgical procedure is forbidden, *x*-rays or boiling-water injections may afford some relief, although the prospect for this is not very great; these thyroids have been already "burned out" by the thyrotoxic fire (Fig. 69).

6. The *fulminating forms* of Graves' disease present roughly three types: the cardiovascular, the gastro-intestinal, and the asthenic type, the latter resembling largely the profound physical prostration of Addison's disease. Theoretically, these fulminating forms *should be from the start surgical*; practically, however, most of them *can be only medical*. Indeed, in such cases the symptoms of intoxication are so intense and the progress of the disease so rapid, that there is scarcely any time, except in the early beginning, for surgical procedure. To operate when the wave of hyperthyroidism is at its highest, when the gastro-intestinal symptoms are at their worst, when tachycardia is in the neighborhood of 200 and possibly more, would be to expose the patient to a more or less certain death. In this class of cases anything which is known to be of value in medicosurgical therapeutics must be attempted and that quickly. According to Beebe it is in these fulminating forms that serum treatment has shown its most striking results; and according to him the relief obtained in such cases is quite as striking as that obtained in diphtheria through the administration of antitoxin. If, perchance, during the rapid progress of the condition, there should occur a period of subsidence, a ligation may under local anesthesia be attempted. In the meantime, the *x*-rays and boiling-water injections may prove a very efficient means to tide the patient over the dangerous period. When that is done, no time should be lost in performing whatever surgical interference is deemed safe and necessary.

7. As a general principle, any thyrotoxic case which shows a tendency to become chronic or to relapse should be operated. When a case has gone through an acute spell of hyperthyroidism and has subsided, the "interval operation" is the safest procedure.

8. The *fruste forms of hyperthyroidism* are nearly all medical. The patients of this group often show the most bizarre combination of hypothyroidism, hyperthyroidism, and of polyglandular symptoms. Consequently careful analysis of the syndrome should be made in order to derive a rational medical treatment. Only when medical means properly and intelligently applied for a sufficiently long period of time have failed to bring about the necessary relief, can one then resort to operation. In this class of cases the results obtained from operation are slow to show up. On the whole they are unsatisfactory to treat.

9. An acute exacerbation is an absolute contra-indication to operation, no matter at what stage the case may be. It is necessary to wait until this spell has subsided.

10. A patient with a weak and dilated heart, as shown by the Katzenstein test, or one with a low blood-pressure, is one in whom the dangers of any surgical treatment are greatly increased. This class of cases should be treated medically until an operation can be deemed safe. If, however, the case grows steadily worse, it then becomes an emergency one in which something must be done. In that case the surgical traumatism must be graduated to the patient's condition.

11. A certain degree of myocarditis, or of valvular lesions, provided they are well compensated, or a moderate amount of glycosuria, is no absolute contra-indication to operation.

12. The presence of a thymic hyperplasia is by no means a contra-indication for operative treatment, but rather a strong indication in its favor. In my practice thymectomy is performed as a routine procedure in every goiter operation whenever thymic hyperplasia is present.

13. Should a patient who has been operated on not improve in the manner in which he is expected to, or, after a period of welfare, should he relapse, this does not indicate a failure of the surgical principle. If a medical case does not improve sufficiently, or relapses after a period of improvement, the treatment is renewed with more energy. The same is true for surgical treatment. A number of these cases belong to that class of patients which Kocher considers as "nicht fertig operiert."

14. As a general principle, in exophthalmic goiter surgery, it is better to err in favor of conservatism, and when in doubt, it is by far safer to ligate instead of to thyroidectomize, and to resort to two ligations instead of three, one instead of two. It is better to have an imperfect result than it is to have death, inasmuch as the first alternative may be remedied by a subsequent operation, whereas the latter is beyond one's reach.

15. When once a patient has been operated on, he becomes again a *medical patient*. He should be followed medically until cure is assured. The same medical principles which apply prior to the operation find

their indication and usefulness after the operation: rest, change of environment, automobiling, sojourn in mountainous regions, are the best adjuvants of the surgical treatment.

As seen by this outline, Graves' disease is a *medicosurgical* disease, and one in which both the physician and surgeon must have something to say. The physician prepares the road for the surgeon and when the work is done, gives it its finishing touch. Great things today are not done by the individual alone, but by coöperative work. There is no other field in medicine where the "team-work" principle can be applied to better advantage. We often hear some internists ridicule the fact that surgeons require their patients to follow a course of medical treatment after their operations. Why, that is the most logical thing to do! Indeed, since the systemic disturbances are often very marked, although the primary cause, namely, the thyroid has been removed, it will nevertheless, take quite a long time before the organism finds its normal equilibrium again. The entire complicated machinery of the organism must readjust itself. No one will think of feeling shocked because gastro-enterostomy for gastric ulcer, gastric resection for cancer, will require a postoperative medical assistance for quite a long time. Why, then, feel scandalized, for exactly the same thing in thyroid surgery? Let it be said that petty disputes will not advance the matter any, and, be it as it may, if it is to the better advantage of the patients to so treat them, let us do so.

Medical men, says Halstead, have every right, if they so choose, to try non-surgical measures in the early stages of the disease. But if, failing not only to arrest the disease but also to cure their patients quickly, they do not advise operation in the safe and curable stage, they should be held to as strict accountability as when they fail to call for surgical help until a patient with acute appendicitis, for example, has developed a general diffuse peritonitis. Let us recall the words of our great master, Kocher, when he said, speaking to the internists, "Gentlemen, do not fail to send us your patients early. We will send them back to you and in so doing will find in our work better results and more pleasure."

CHAPTER XL.

SURGICAL TECHNIC OF OPERATIONS UPON THE THYROID GLAND.

SURGICAL technic in goiter operations has improved enormously in the last fifteen years. These results are especially due to Kocher and his school, to the German school, of whose members Wölfler, Billroth, Mikulicz, von Eiselsberg, and a few others rank first; to the French school, especially that of Lyon counting Poncet, Berard, Delore and Alamaertine among its first members. In America, Charles H. Mayo, Ochsner, Halstead, etc., have done their share toward generalizing and improving thyroid surgery.

A uniform technic does not exist. Every surgeon puts into his work the seal of his own individuality, consequently divergence of details will always be found; fundamental differences, however, do not exist any longer.

Good surgery must always be based upon the exact knowledge of the anatomy, physiology, and pathology of the organ against which it is directed. It must take into consideration, too, certain desiderata and certain principles which must be aimed at if one wishes to obtain the maximum of results from the operation. Fifteen to twenty years ago the main thing was to have the goiter out, no matter how or at what cost. To be sure, the scar was not always very pretty, while the inferior laryngeal nerve did not always escape injury, and a slight touch of tetany was not to be wondered at. Then, too, some hypothyroidism was only too natural and lucky it was if it did not develop into a full myxedema! Today these views are no longer acceptable. Our knowledge of the condition has advanced; our technic has become more precise, and then, too, the public has become more critical. Consequently before going into the description of the operation itself let us go over the anatomical and pathological conditions in which an operation takes place; let us decide what is anatomically important and what can be left out; let us discuss, too, these different requirements which give to the technic its present characteristics.

Before going any further let us ask:

What are these desiderata?

We want:

1. To have constantly present in our minds a few particular anatomical facts from which will derive certain important technical procedures.

2. To leave the parathyroids and the inferior laryngeal nerve uninjured.

3. To leave enough thyroid tissue so as to protect the patient against future hypothyroidism.

4. To protect the patient against future relapses.

5. As fine and as nearly invisible a scar as is possible.

6. To shape the neck so as to render it esthetic.

Anatomical Facts.—Surgery of the thyroid became simple the day the surgeons learned to utilize the normal and pathological intra- as well as perithyroidal planes of cleavage.

Let us suppose that we make a transverse incision in the thyroid region of the neck, and retract the upper and lower cutaneous flaps in their respective directions, we shall then find:

1. The sternocleidomastoid muscles and the prethyroidal muscles which are the sternohyoid, omohyoid, and underneath, the sternothyroid muscles. These muscles are covered by the *superficial cervical fascia*. Starting from the ligamentum nuchæ this fascia forms a sheath for the trapezius muscle, passes over the entire posterior triangle of the neck until it reaches the posterior border of the sternocleidomastoid muscles. There it forms a sheath for this muscle, passes over the anterior triangle of the neck, and finally meets in the middle line the superficial cervical fascia from the other side.

2. Extending from one omohyoid muscle to the other, and from the hyoid bone to the manubrium sterni and to the middle of the clavicles, the *middle cervical fascia* forms a sheath for the three thyroïdal muscles, goes toward the middle line and there fuses with the one of the other side and the superficial cervical fascia, thus forming the *cervical linea alba*.

3. The middle cervical fascia and the prevertebral fascia give origin to a loose connective-tissue capsule which surrounds the thyroid gland and is easily detachable. Let us call that capsule the *surgical capsule of the thyroid*. (Plate IX, Fig. 1.)

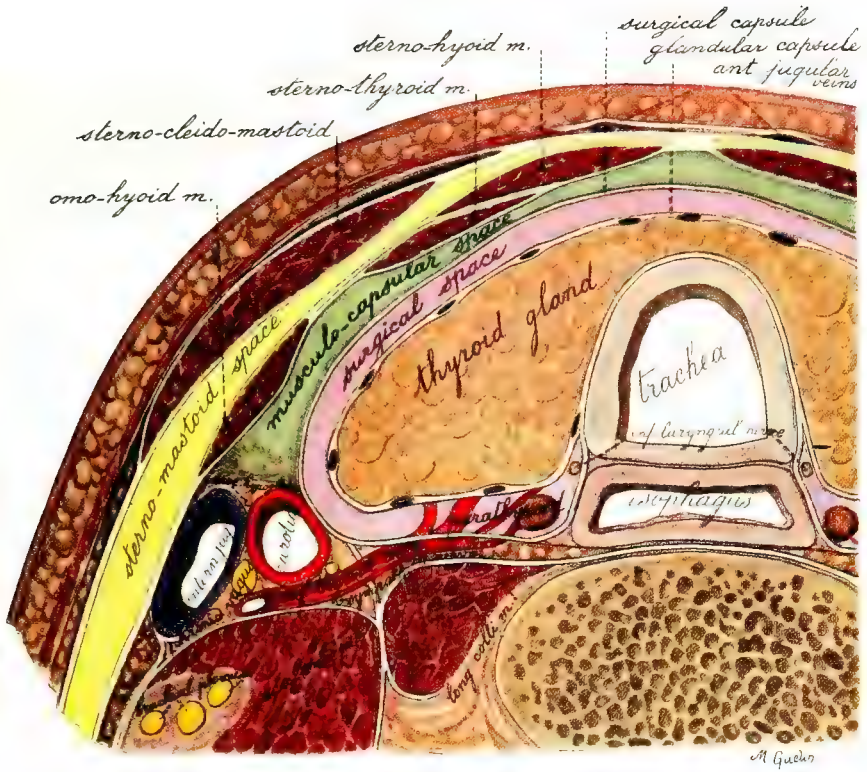
4. The thyroid parenchyma is surrounded by a capsule which is the equivalent of the one seen in other glandular organs such as the capsule of Glisson for the liver, the albuginea for the testicle, the renal capsule for the kidneys, etc. It is in close relation with the parenchyma and sends inwardly septa dividing the parenchyma into lobi and lobuli and finally surrounds each alveoli with a very thin layer of connective tissue, the *glandular capsule*. (Plate IX, Fig. 1.)

5. Between the sternocleidomastoid muscles and the prethyroid muscles there is a *normal plane of cleavage*. De Quervain calls it the *sternomastoid space*. (Plate IX, Fig. 1.)

6. Between the prethyroid muscles and the surgical capsule there is another plane of cleavage, the *musculocapsular space*. (Plate IX, Fig. 1.)

PLATE IX

FIG. 1



Cross-section of the Neck with its Various Organs, Showing the Relation of the Thyroid to the Neighboring Tissues and the Various Spaces Described in the Text.

FIG. 2



Danger Zone.

The relation of the carotid sheath, inferior laryngeal nerve, inferior thyroid artery, middle vein, parathyroids, and of the posterior surface of the thyroid gland to each other. The dotted curved line shows where resection should take place in order to avoid injury to these various organs.

7. Finally, between the glandular capsule and the surgical capsule there is another plane of cleavage formed of loose connective tissue and containing numerous arteries and veins, the *intercapsular* or *surgical space*. (Plate IX, Fig. 1.) It surrounds the thyroid gland entirely and extends from one side of the trachea and the esophagus to the other side.

The relations between the glandular capsule and the surgical capsule are, as a rule, very loose. It is only on the postero-internal surface of the thyroid that they come into a more intimate contact; between them a great number of arterial and venous branches are found going in and out through the glandular capsule. Inwardly, since the thyroid is intimately adherent to the trachea, no plane of cleavage may be expected to be found there. In the posterior portion of this perithyroid cellular space we find the parathyroids and the inferior laryngeal nerves. Consequently we must regard the posterior portion of this perithyroid cellular space as the *danger zone* which the surgeon must carefully avoid during operation. (Plate IX, Fig. 2.)

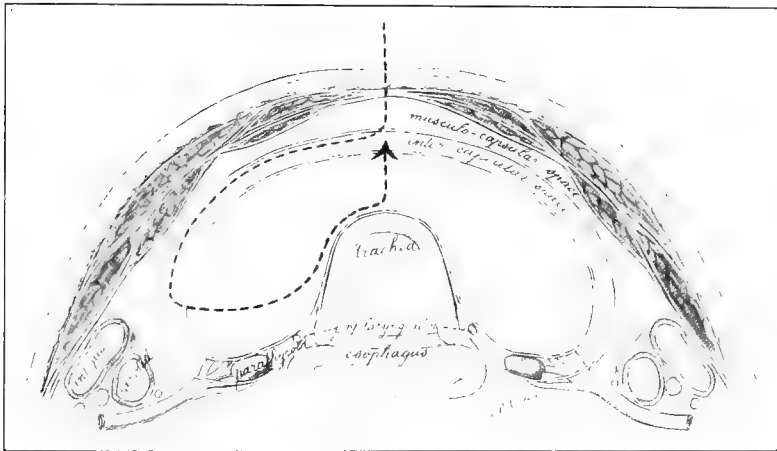


FIG. 71. -Showing proper plane of cleavage which must be entered into before attempting resection of the thyroid. Showing, too, how much thyroid tissue should be left in contact with the danger zone in order to avoid accidents. The intercapsular space is the same as the surgical space.

Such are the anatomical facts grossly described. It is obvious that the musculocapsular and the surgical spaces are the most important so far as the surgical technic is concerned. The surgical space is the "good plane of cleavage" (Fig. 71) which must be looked for if the surgeon wishes to make an easy and brilliant thyroidectomy. The surgical capsule must have been opened and the surgical space found before attempting to dislocate the goiter. On the other hand, its postero-internal region must be absolutely avoided unless one wishes to expose the patient to

tetany by injuring the parathyroids, or to vocal disturbances by injuring the inferior laryngeal nerves. For the same reasons, it follows, too, that when resection of the thyroid is being performed, one should purposely avoid retracting the surgical capsule over its entire course: such retraction should take place only just enough to allow manipulations on the thyroid to take place easily. It follows, furthermore, that in order to avoid injury to the parathyroids and inferior laryngeal nerves, the *danger zone* must be left undisturbed. (Plate IX, Fig. 2.) This is best obtained by leaving a layer of glandular tissue in contact with it while resection is being made.

The following fact is interesting: the carotid sheath is entirely independent of the spaces above described, for it possesses a space of its own: the *carotid space*. This was demonstrated by De Quervain by injecting the sheath of the vascular cord at the angle of the jaw with gelatin. The gelatin followed the vascular cord over its entire course, filled it up, but did not fuse in any way with the one of the other planes above mentioned. The inferior thyroid artery passes behind the carotid space but does not penetrate into it. This is of great importance for the ligation of the inferior thyroid artery, as the carotid sheath can be strongly retracted without exposing the inferior thyroid artery to injury.

Pathological Planes of Cleavage.—So much for the normal planes of cleavage. The pathological ones are very important, too, and should be known. They are found mostly in nodular goiters, cystic or colloid, and must be always taken into consideration when one wishes to perform an enucleation. In nodular goiters the pathological plane of cleavage is intraglandular and lies all around the nodule. It is formed by the thickened enveloping membrane of the nodule itself, and by a connective-tissue formation all around it due to the chronic pressure of the nodule on the parenchyma. Between these two layers of tissue lies the proper plane of cleavage. (Figs. 72 and 75.) As soon as it is found enucleation takes place easily. If the nodule lies at the periphery of the lobe and comes in contact with the glandular capsule, the latter capsule may fuse together with the nodule so as to destroy entirely at that point the plane of cleavage. This plane, however, can be easily found by making an incision in the neighboring parenchyma and going through it until the nodule is reached.

Blood Supply of the Thyroid.—It had been thought for a long time that the thyroid arteries were *terminal*. These conclusions were based mostly on the researches of Hyrtl, Anna Begoune, Jaeger-Luroth, etc. Other anatomists, however, as Sappey, Cruveilhier, Thane, etc., objected to these conclusions. From a practical stand-point it was important to settle this question one way or another: indeed, if the thyroid arteries

were terminal, ligation of one of them would expose the territory of the gland supplied by this artery to necrosis. On the other hand, if they anastomose freely, ligation of one of them would not have any material effect upon the intraglandular circulation; this is especially important in exophthalmic goiter work. Lately, Landström, Delore, and Alamartine, have reviewed this question. The writer has done some research work in that line by injecting through one or more of the thyroid arteries a 20 per cent. benzin solution of vermilion and controlling the results with α -rays. The following conclusions may be drawn: the superior and inferior thyroid arteries anastomose freely by an intricate mingling of their terminal branches and by several longitudinal anastomoses: the most constant and most important one of them follows its course in the tracheo-esophageal angle. (Plate X, Fig. 1.) Bilateral transverse anastomoses exist, too, between each lobe. They are less numerous and vary greatly in volume, and they connect mostly the two superior thyroid arterial systems. The most important of them is the cricothyroid branch which lies just above the upper border of the isthmus and connects the anterior branches of the superior thyroid artery. This communicating branch is the one which is severed when performing the cricothyroid tracheotomy. Very often there is another transverse anastomosis a little higher up, crossing transversely in front of the cricothyroid membrane and connecting the two superior thyroid systems. Besides these two important bilateral anastomoses there are many smaller ones connecting the branches of the two superior arteries, of the posterior longitudinal anastomosis and of the cricothyroid arteries: they form a very intricate and most variable arterial plexus.

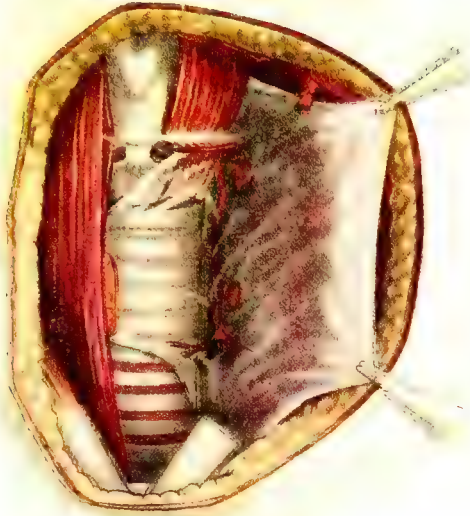
The two inferior thyroid arteries communicate with each other, as a rule, through anastomoses connecting the longitudinal anastomosis of each side. However numerous these anastomoses are, it would be an error to believe that they would be able to take up, off-hand, the blood supply of the territory whose feeding artery has been severed. To a certain extent this is true for the arteries of the same side, for the superior artery supplies very rapidly and abundantly the territory of the inferior thyroid when the latter one has been ligated, and *vice versa*, intraglandular anastomoses being very abundant and very effective. It is no longer quite so true for the interlobar anastomoses: these are less abundant and less effective. There really exists between the two lobes a certain vascular independence, although not complete. De Quervain very judiciously remarks that we already knew clinically what these researches brought to us. Indeed, if after ligation of the superior and inferior thyroid arteries of one side, resection of the lobe is undertaken, one can see plainly that the arterial hemorrhage is still going on, though much diminished. I think every surgeon can vouch for that.

Besides its own vascularization the thyroid gland possesses another vascular supply coming from the neighboring tissues, especially the trachea and esophagus. Landström, Delore, and Alamartine finally found a diffuse system of anastomoses connecting the superior arteries with the prethyroid muscles and subcutaneous tissues. This entire collateral supply is quite important and is sufficient to prevent necrosis of the thyroid after ligation of the four thyroid arteries.

In conclusion we may say that the thyroid arteries are not terminal. One, two, three, even all four thyroid arteries can be ligated without exposing the gland to necrosis: sufficient vascular supply takes place through the collateral anastomosis from the neighboring organs, even if the ima artery should not be present.

Which one of the thyroid arteries is the more important, the superior or the inferior? The opinions are divided. Von Eiselsberg and the majority of German authors consider the inferior thyroid as the main one, the superior being only a secondary artery. De Quervain regards the inferior thyroid artery as the one which is the more important. The same does Halstead. He believes that the inferior thyroid is usually larger than the superior vessel which is subject to greater changes because of the inconstant position of the superior pole. Delore and Alamartine do not share the same view. They believe that the superior thyroid artery is the more important.

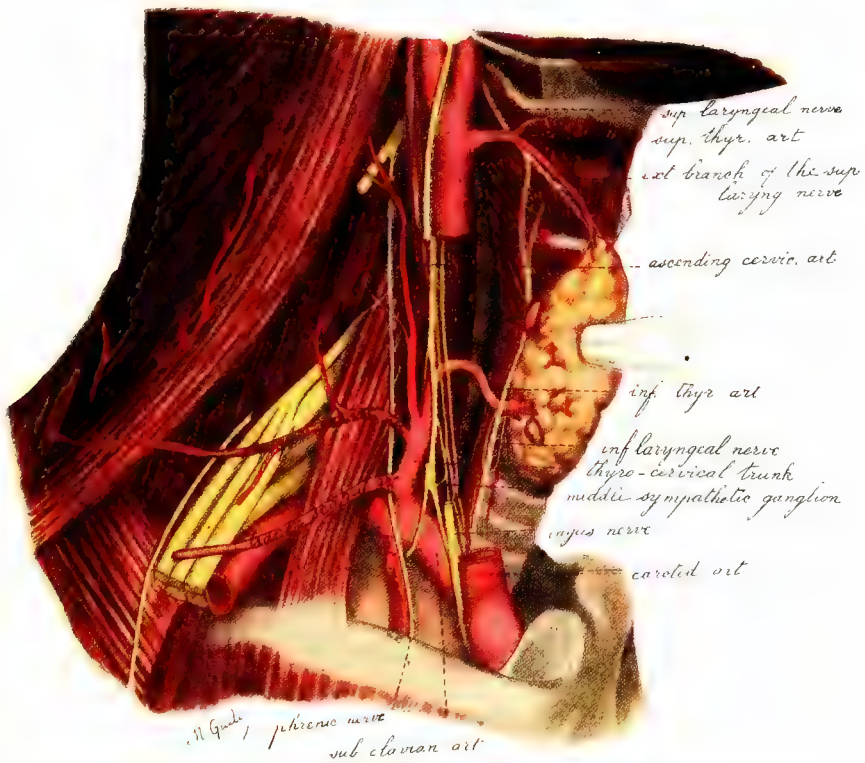
In the superior vertebrates it is the one most constantly found, whereas the inferior thyroid is not. The superior thyroid is more constant in its caliber, in its mode of division, and in its course. Its branches of division cap the superior pole. The superior thyroid artery follows the upper pole in all its changes, be it changes in form or position: where the upper pole is, there the superior thyroid will also be found. The upper pole is the best landmark for the position of the superior thyroid, and the upper pole is always easily found. The inferior thyroid, on the other hand, is much more variable in its position and volume. It does not cap the inferior pole as does the superior thyroid for the upper pole, but passing behind the vascular cord, approaches the gland laterally at the junction of the lower with the two upper thirds, goes, more or less, far behind the posterior surface and only then penetrates the thyroid gland. (Plate X, Fig. 2.) Like the superior thyroid, it follows, too, the thyroid gland in its changes of form and position. If the inferior pole becomes greatly enlarged, the inferior thyroid artery becomes somewhat displaced, but never to such an extent as to become intrathoracic, for instance. Furthermore, the inferior thyroid artery divides into several branches, sometimes very far from its point of entrance into the thyroid gland, so that it is not uncommon to see a surgeon ligate one of these branches, thinking that he is dealing with



M. Guélin
Intracapsular Resection.

Showing the thin capsule which remains after decortication of the thyroid, also how easy it would be to injure the parathyroids and inferior laryngeal nerve. These organs are seen by transparency through the thin capsular veil. Note, too, the longitudinal anastomosis between the superior and inferior thyroid arteries.

FIG. 2



Normal Anatomy of the Deep Cervical Organs Showing
Their Interrelation.

The relation of the inferior thyroid to the sympathetic and the inferior laryngeal nerve is plainly seen.

the main trunk of the artery. Finally, that the inferior thyroid artery is of much more difficult access for ligation than the superior, and on the whole offers more dangers than the ligation of the superior thyroid artery, and again that its main trunk or its branches of division mingle sometimes in a very intimate way with the parathyroids and especially the inferior laryngeal nerve (Plate X, Fig. 2), is a reason why a great many surgeons *a priori* prefer to deal with the superior artery rather than with the inferior. Hence possibly a reason for their divergence of opinion.

In the writer's investigations he has found that if normal glands only are taken into consideration, the difference in caliber between the superior and inferior thyroid arteries and the difference in their position are only slight. This I have had the opportunity to observe time and time again when demonstrating normal anatomy. In 2 per cent. of the cases the inferior thyroid artery is found absent. In that case a large ima artery is often seen to take its place. At the same time there is a huge superior thyroid; obviously this anatomical fact is an ideal one so far as polar ligation is concerned, inasmuch as after ligation of the upper pole the lobe would be robbed of its greatest source of blood supply. In pathological thyroids I have seen the superior thyroid decidedly larger than the inferior thyroid, and *vice versa*. I have the impression, however, that in simple goiters, especially those of large size, the inferior thyroid artery is decidedly larger than the superior, whereas in thyrotoxic goiters the superior seems to have a larger caliber.

Parathyroids.—In animals, especially in dogs and cats, the parathyroids are *internal*, namely, are situated in the parenchyma itself of the gland. In man the parathyroids are *external*; they are nearly always located outside of the glandular capsule. Some aberrant parathyroid tissue, however, may be found in the thyroid parenchyma. Getzowa states that when a superior parathyroid is missing it is nearly always replaced by intraglandular parathyroid tissue. While working in the pathological laboratory at Lausanne, Switzerland, with my master, Professor Stilling, I made the examination of 75 cadavers in order to determine the number and position of the parathyroids. I found: 4 times, 1 parathyroid (twice the upper, and twice the lower); 32 times, 2 parathyroids; 26 times, 3 parathyroids; 11 times, 4 parathyroids; 2 times, no parathyroids at all, but instead, some parathyroid tissue diffusely imbedded in the fat and areolar tissue throughout the entire postero-internal region of the thyroid and easily recognizable by its orange-yellow color. From these findings it follows that the stereotyped conception of two superior and two inferior parathyroids is far from being correct. In the cases where I found only 1 parathyroid, this little glandule had apparently undergone a compensatory hypertrophy as all

four times they were larger than they usually are. One of them was not far from the size of a pea.

With what we physiologically know of the parathyroids it is difficult to accept the opinion that the parathyroids may be totally absent. MacCallum is quite correct when he says, "Because in a space extending from the basis of the skull to the diaphragm we do not find a little gland the size of a lentil, have we the right to deny its existence?" The same author concludes that the number of parathyroids is, as a rule, in direct proportion to the patience and persistence of the searching anatomist.

If, on the one hand, the parathyroids may be diminished in number, they may, on the other hand, be found more numerous than normally; for instance, Harvier, Thompson and Harris found 5 parathyroids; Schaper and Berkeley, 6; Getzowa, 7; Zuckerkandl, 8; and Erdheim, 12.

While the position of these glandules may vary, their variation is within certain definite limits. The superior parathyroids are more constant in position than the inferior ones. The superior parathyroids are found, one on each side, in the vertical groove between the esophagus and the thyroid at the junction of the upper third with the two lower thirds of the thyroid gland (Fig. 71, and Plate X, Fig. 2); this is about at the level of the cricoid cartilage. As a rule they are wholly outside of the glandular capsule. The arterial branches and the inferior laryngeal nerve pass up in front, and internally to them. The inferior parathyroids lie generally more laterally than the superior ones. They are found at the junction of the lower third with the two upper thirds of the thyroid and are external to the inferior laryngeal nerve and the inferior thyroid. (Fig. 71 and Plate X, Fig. 2.)

Of course a great many variations are met with, especially for the inferior parathyroids. They may be found at the extremity of the lower pole, under the lower border of the isthmus, in the pre- or peritracheal fatty tissue, or even imbedded in the thymus gland.

After the careful researches of Evans, Halstead, Ginsberg, Welsh, Geiss, etc., we know that the parathyroids get their blood supply from a branch of division of the inferior thyroid artery through a small vessel which is called the *parathyroid artery* and which supplies both the superior and inferior parathyroids. Only rarely the superior thyroid artery gives off a branch destined for the superior parathyroids: in such instances these two small parathyroid arteries, the one destined for the superior parathyroid and the other destined for the inferior parathyroid, may anastomose together. Not so infrequently both superior and inferior parathyroids get their blood supply independently from a small collateral bloodvessel coming off directly from the posterior longitudinal

anastomosis which runs on the inner posterior border of the thyroid gland and connects the superior with the inferior thyroid arterial system.

It had been thought for a time that there was no other source of blood supply than the one given by the parathyroid artery; consequently if these little glandules were deprived of their only known blood supply, they would not get any nourishment from another source; their fate would be the same as that of a transplanted gland. This is not quite correct. We know that there exists between the parathyroid and the thyroid capsule a fine collateral circulation. Another collateral circulation especially for the superior parathyroids is secured by fine arteries coming from the pharynx, esophagus, trachea. Furthermore, Ginsberg has shown that the secondary blood supply for the parathyroid glands is secured by anastomotic channels from the opposite side. The importance of this collateral circulation is too obvious. It allows us to ligate the four thyroid arteries without running too great risk of parathyroid insufficiency. These facts are in perfect concordance with our clinical experience. It is true that twice tetany has occurred as a consequence of the ligation of the four thyroid arteries. These two cases were reported by Kocher and von Eiselsberg. They are the only two cases recorded. Why this occurred, no one knows. Possibly there were some vascular anomalies, possibly, too, the parathyroids of the other side were absent and the only one or two glandules present were inadvertently traumatized. Perhaps these patients were already in a state of latent hypoparathyroidism: some slight disturbance in their anatomical or functional equilibrium was sufficient to throw out of gear the entire parathyroid mechanism. Whatever the cause may have been, similar consequences have not been reported since. De Quervain who has performed quite often the ligation of $3\frac{1}{2}$ out of 4 thyroid arteries, namely, the two inferiors, one superior and the anterior branch of the other superior, has never noticed any signs of tetany.

Recurrent Laryngeal Nerves.—The inferior or recurrent laryngeal nerve is the motor nerve of the larynx. It is a branch of the vagus nerve. It arises on the right side in front of the subclavian artery, winds from before backward around that vessel, and ascends obliquely to the side of the trachea behind the common carotid, and either in front of or behind the inferior thyroid artery. On the left side it arises in front of the arch of the aorta and winds from before backward around the aorta at the point where the impervious ductus arteriosus is attached and then ascends to the side of the trachea. The nerve on each side ascends in the groove between the esophagus and the trachea, passes either anteriorly or posteriorly, or more often, between the branches of division of the inferior thyroid artery (Plate IX, Fig. 2), enters the larynx behind the articulation of the inferior horn of the thyroid cartilage with the cricoid, being distributed to all the muscles of the larynx except the cricothyroid.

These anatomical considerations show that the inferior laryngeal nerve, too, lies in the "danger zone," namely, the postero-internal portion of the thyroid gland.

Conclusions Drawn from Anatomical Facts.—1. The postero-internal surface of the thyroid gland must be considered as the *danger zone*; there are found the parathyroids and the inferior laryngeal nerves (Fig. 71).

2. The surgical capsule should be detached and retracted just enough to allow the different steps of the operation to be performed easily, and especially the luxation of the goiter. This capsule should be left *in situ* and in its relations with the thyroid in the entire postero-internal region of the gland, and the luxation of the goiter should not be pushed too far (Plate XXI), so as not to disturb the collateral circulation between the parathyroid glandules and the neighboring tissues, and further not to run the risk of injuring the inferior laryngeal nerve.

3. Ligation of the inferior thyroid artery should be done far from its point of entrance into the thyroid gland (Plate XXI). The "ultra-ligation" of Halstead is a dangerous method. It should be remembered that not so infrequently the parathyroids are situated between the branches of bifurcation of this artery, consequently if ligation takes place near the glandular capsule the parathyroids are exposed to injury. The same is true for the recurrent laryngeal nerve.

4. Total unilateral intracapsular excision of the thyroid should be discarded because of the danger of injuring the parathyroids and inferior laryngeal nerves (Plate X, Fig. 1). Resection is the method of choice, as it leaves a more or less thick sheath of glandular tissue in connection with the danger zone. A well-managed enucleation does not expose to injury the parathyroids.

5. The collateral circulation with the neighboring tissues is so well developed for the thyroid and for the parathyroids that ligation of the four arteries can be performed without running any risks of tetany, provided that the "danger zone" is left undisturbed.

EXCISION, RESECTION, OR ENUCLEATION?

As in any other surgical field, the surgeon doing thyroid surgery must have at his disposal several technical methods in order to be able to meet all emergencies successfully. He must adapt his technic to the case and not suit his case to his technic. As De Quervain says, "It is no longer enough to know what should be done in a general way, but what should be done in each particular case." In doing thyroid surgery to what method shall we resort? Shall we adopt *excision*, *resection*, *enucleation*, as the method of choice, or shall we use a combination of these methods? In going over the medical literature one cannot but

be impressed by the confusion which exists in the denominations of the different surgical procedures. Nearly always the terms, excision, enucleation, resection, thyroidectomy, lobectomy, extirpation of the thyroid, are used indiscriminately.

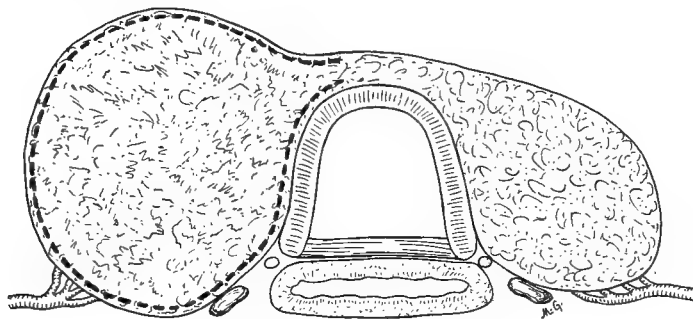
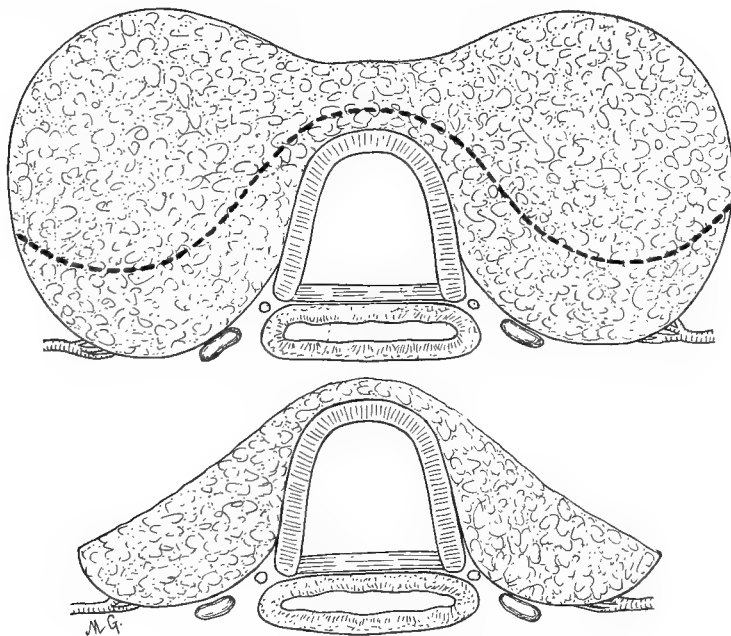


FIG. 72.—Intracapsular excision.

Excision.—Excision was used by Kocher to demonstrate the complete removal of one lobe without leaving anything of the posterior portion of the gland (Fig. 72). Excision can be *unilateral* or *bilateral*; total excision can take place only in malignant goiters.

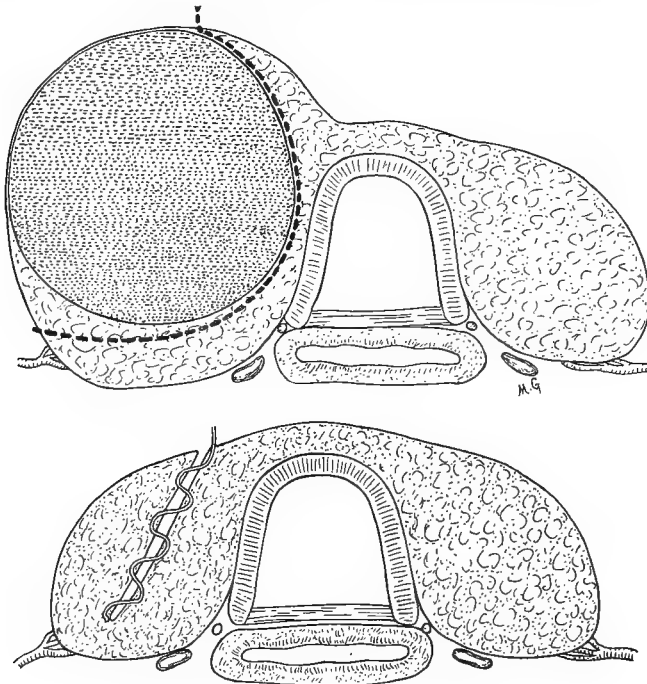


FIGS. 73 and 74.—Transglandular resection.

Resection (Mikulicz) means the partial extirpation of the thyroid, a portion of the glandular tissue being left *in situ*. Resection, too, may be *unilateral* or *bilateral* (Figs. 73 and 74).

Enucleation (Porta and Socin) means the peeling off, the decortication of one or several intraglandular nodules (Figs. 75 and 76).

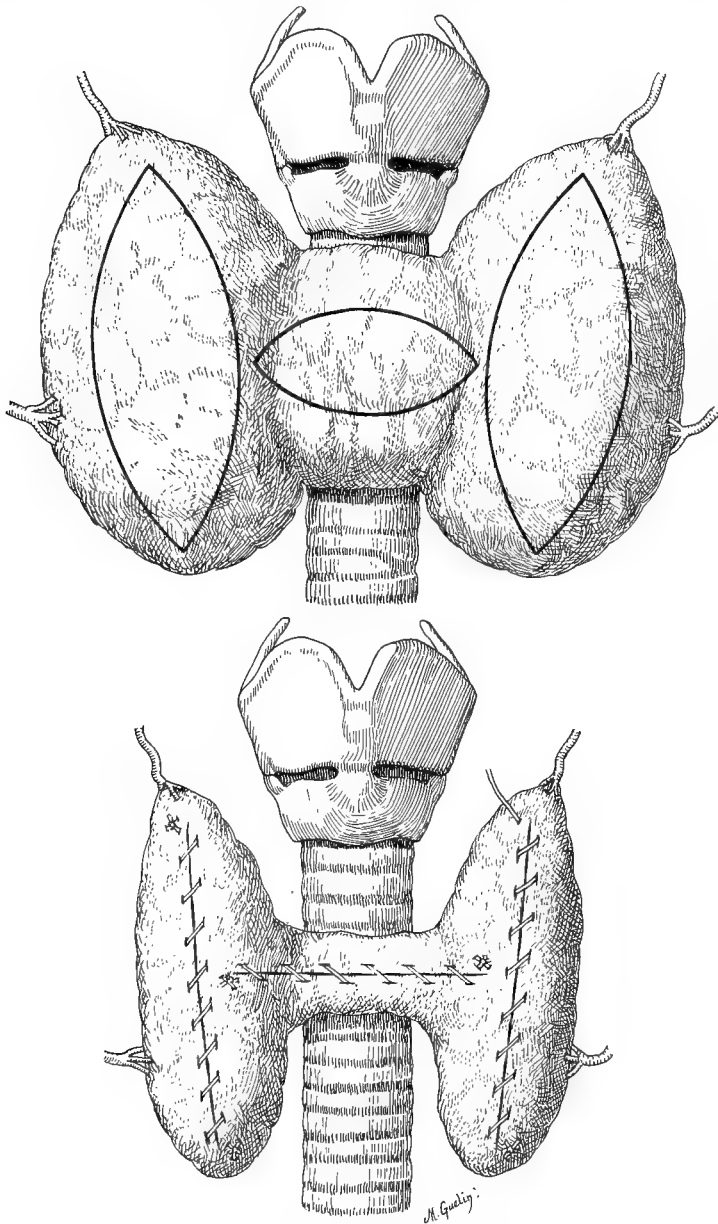
The other denominations as thyroidectomy, lobectomy, hemithyroidectomy, have only a general meaning. They do not convey in any way the idea of how the removal of the goiter is being done, namely, if excision, resection, or enucleation has taken place. Consequently I shall use them when speaking in a general way of the fact that an operation has been performed on the thyroid without trying to indicate precisely the mode in which this operation has been performed.



FIGS. 75 and 76.—Enucleoresection.

Inasmuch as excision exposes too easily to injury the inferior laryngeal nerves and parathyroids, this method has been more or less abandoned as such. Kocher still advocates it and practises it, but leaves a small portion of glandular tissue in contact with the danger zone, consequently, properly speaking, this surgical procedure is no longer a true excision, but becomes a resection. The intracapsular or subcapsular excision which is performed by some of our American surgeons, and which may be compared to a total decortication of the lobe is, too, for the same reasons to be discarded. (Plate X, Fig. 1.) Not very long ago saw one of our foremost surgeons, when performing this intracapsular excision, come in contact with a parathyroid, crush it with a hemostat,

and become aware of it only when his attention was called to it by one of his assistants. Iversen reports a case operated by Rowsing in which both



FIGS. 77 and 78.—Cuneiform resection.

parathyroids were accidentally removed with the excised lobe, although intracapsular excision was undertaken with the special view of safeguarding the parathyroids and inferior laryngeal nerves. Halstead in 40

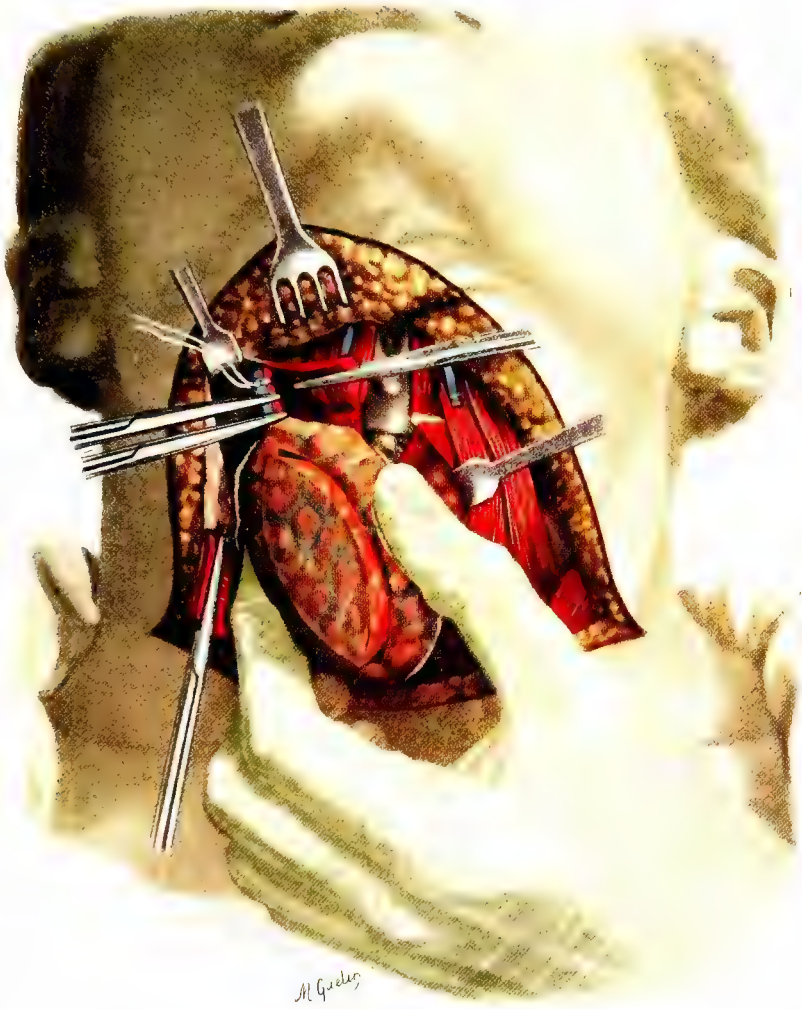
subcapsular excisions removed one or two parathyroids with the excised lobe *only* 7 times ! These accidents, of course, would never have occurred if resection had been performed. There may have been an error in technic; they should have remained intracapsularly. Theoretically this may be true; practically, however, it is not so easy, as the glandular capsule is thin and breaks easily. A thick layer of glandular tissue should have been allowed to remain in contact with the danger zone. Not only does it protect the patient against injury of the inferior laryngeal nerve and parathyroids, and save the surgeon great annoyance, but it has also a great cosmetic value; furthermore, if later, another operation on the other lobe should become necessary, the chances for hypothyroidism will be greatly lessened.

Resection is the method of choice as it fulfils better than any other method all the requirements. This resection may be either *cuneiform* or *frontal*.

The *cuneiform* resection (Figs. 77 and 78) advocated in 1898 by Zoege von Manteuffel is made in the following manner: After the preliminary ligation of the superior or inferior thyroid arteries, or both together, the goiter is luxated; the imæ vessels are carefully tied, then an oval incision extending from the upper to the inferior pole is made into the glandular capsule and the parenchyma. The resection is then made by "wedging" out the interior of the gland. The amount of tissue removed by this "melon-slice" (Plate XI) method is suited to the necessity of the case. Great care should be taken not to come too near the parathyroids and the inferior laryngeal nerves. The main bleeding vessels of the cut surface are caught and tied, then a continuous mattress suture of plain catgut through the glandular capsule including a portion of the parenchyma is made. (Plate XII.) If the cup-shaped hole is quite deep, two rows of sutures may have to be made, one intraparenchymatous, and the other capsuloparenchymatous, which catches the edge of the capsule and rolls the two edges of the capsule into some semblance of a normal lobe. (Plate XII.) Sutures should not be made too snug, as otherwise necrosis of the sutured portion might follow, especially if both main thyroid arteries have been tied. This method has the great advantage of leaving no exposed rough glandular surface afterward. Care should be taken to ligate every vein of the glandular capsule in order to avoid air embolism, and postoperative oozing.

If the *transfrontal resection* is resorted to (Fig. 73), and this will be the method used in the majority of cases, it is done in the following manner: After having ligated the upper poles and starting at the upper pole, hemostats are placed all the way along the external border of the gland and then the parenchyma is cut. Next the operator proceeds from outward inwardly on a frontal plane, aiming to reach the lateral

PLATE XI



Technic of Cuneiform Resection.

The superior thyroid vessels have been tied, goiter luxated, and a "melon-slice" portion of the thyroid removed.

PLATE XII



Technic of the Cuneiform Resection.
The gland is then sewed up by continuous suture.

surface of the trachea, thus leaving a more or less thick glandular portion in contact with the danger zone. The rough surface which remains after resection is completed, is left untouched; no effort is made to cover it by suturing the edges of the glandular wound together (Fig. 74).

Resection will be employed in every case where a diffuse, parenchymatous enlargement, thyrotoxic or not, exists, and in all cases of diffuse colloid degeneration.

Enucleation, as such, has been discarded by the majority of surgeons, as it too often predisposes to relapses. They use this method in large, solitary, colloid and cystic goiters. In the majority of cases, however, enucleation will be combined with partial resection. In that case we shall call the operation *enucleoresection*. Enucleation, however, should be given the preference over the resection method in the cases where the secreting parenchyma is reduced to a minimum. In such instances it is absolutely necessary to be as economical as possible with the glandular tissue, hence the indication to enucleate instead of to resect. When one has to be parsimonious with the thyroid tissue, it is better not to ligate the main vessels of the gland.

Enucleation finds its special indications:

1. In cases where there is a large but single cystic or colloid nodule.
2. In cases of complete colloid or cystic nodular degeneration of the entire gland. In such conditions a radical operation is not to be expected. The nodules are peeled out, one after another. There remain, of course, very small ones which cannot be enucleated, and which will be liable to relapse later on.
3. Enucleation can be employed, too, in cases of goiter which have relapsed.
4. If a nodular goiter takes its origin in the postero-internal region of the thyroid, it may, after it has reached a certain development, come in contact with the parathyroids and inferior laryngeal nerves. Enucleation in such cases is not without danger for these organs. Indeed, a hemostat put on a bleeding vessel, or a ligature, may injure the recurrent laryngeal nerves or the parathyroids. It is consequently better in such cases to leave a thin portion of glandular tissue in contact with the danger zone, even if that portion of the gland has undergone goiterous degeneration. Curiously enough, that portion of the goiter will revert to a normal state, and seldom will cause relapses.
5. When we have to deal with a multiple nodular goiter, *enucleoresection* is the method of choice unless there should be some special reasons to do otherwise, because if enucleation only is employed, the most of the intra-nodular thin bands of glandular tissue which are still physiologically active, are caught in the sutures and ligatures and undergo fibrosis. Consequently the purpose for doing enucleation is defeated, hence it is better to combine it with resection.

The technic for enucleation is extremely simple. An incision is made over the glandular capsule and into the parenchyma, until the nodule is reached. This nodule is, as a rule, easily recognizable on account of its harder consistency, paler color, and diminished vascularization. The proper plane of cleavage is then sought; when it is found the nodule is peeled off very easily. The main thing is to start decortication only when one is certain to be in the proper plane of cleavage; as long as there is doubt, one can rest assured that the proper plane of cleavage has not been found. One does not need to fear the hemorrhage which takes place all over the entire surface of the shell left after the removal of the nodule, as it is mostly a parenchymatous hemorrhage. If, however, an artery of some consequence should bleed, the pouch can be everted and the bloodvessel clamped and ligated. Then a continuous purse-string suture starting internally at the bottom of the pouch brings its walls into close contact and *ipso facto* removes any possibility of any further hemorrhage. Finally, a continuous suture of the glandular capsule terminates the operation on the thyroid itself.

SHALL THE OPERATION BE UNILATERAL OR BILATERAL?

Shall the operation be *unilateral*, or *bilateral* as advocated by Mikulicz and Kausch? Of course this question applies only to the cases in which the thyroid is *bilaterally affected*. It would not enter into anyone's mind to advocate a bilateral operation unless there is a pathological reason for it on both sides. The question being so understood, I say, "Yes, the operation should be *bilateral* whenever it is *necessary* and whenever the *condition of the patient warrants it*, no matter if we deal with a simple or thyrotoxic goiter." In the beginning of my surgical activity, I, too, was a devotee of the unilateral resection as still practised today by the majority of surgeons. But in following my own and other surgeons' cases, in which unilateral resection had been performed, I soon recognized the fact that this method was unsatisfactory, especially from an esthetic and relapse stand-point. Consequently, I gave it up and resorted to bilateral operations. Indeed, in bilateral pathological conditions of the thyroid this method is the only logical one. Take, for instance, a multiple nodular goiter developed in both lobes. There is here really no sense in removing the goiterous nodules only on one side and leaving the others in the lobes, as these nodules are bound to grow and form another goiter. Sooner or later symptoms will reappear, and with them the dissatisfaction of the patient and the disappointment of the surgeon. From the esthetic point of view nothing has been gained by the unilateral resection, as one side of the neck is still puffed up, while the side where the operation has taken place shows a depression.

Let us consider a diffuse colloid degeneration of the entire gland. Here, again, why confine the surgical act to one side only? Even if a concomitant resection of the isthmus takes place, there still remains a diffuse, colloid degeneration in the other lobe. Here, again, the operation is insufficient; the functional as well as the mechanical disturbances have been only partly eliminated; the cure cannot be complete, relapses will occur. If such is the case why not resect bilaterally?

In dealing with a diffuse, non-toxic vascular goiter, the same reasons which have been invoked for resecting other goiters bilaterally still stand good. A bilateral resection should be done instead of leaving a large vascular parenchymatous goiter on one side.

But it is especially in the thyrotoxic parenchymatous goiter that bilateral resection finds its special indications. There, unless special contra-indications are present, the necessity for bilateral resection is an imperative one. In the great majority of cases one-sided lobectomy is insufficient to put a stop to hyperthyroidism. The patient is greatly benefited, yet not cured. The reason is because there is still too much thyrotoxic secreting gland left. Even ligation of the upper pole of the lobe left untouched is insufficient. That patient belongs to the class called by Kocher "*nicht fertig operiert*." Why not then from the start resort to bilateral resection? Functionally the results will be far better; esthetically they will be perfect.

Bilateral resection has the great advantage of affording a general view of the whole gland. This is indeed important. Despite the most careful and skilful clinical examination, who can be certain in every case before operation that a lobe is normal or not and to what extent it is damaged. Every surgeon has had, I am sure, the surprise of discovering at *the operation only*, that a lobe which he considered as normal was not so, that a retrosternal goiter was present which had been unsuspected, etc. Furthermore, it is only after having inspected the whole gland that a surgeon can best decide how much gland can be resected on each side, and what the nature of the technic will be, whether resection, enucleation, or enucleoresection must be resorted to.

At first, one might think that relapses must be, theoretically at least, more frequent with bilateral resection than with unilateral excision. Indeed, with the latter method, the whole lobe having been removed, with the exception of a thin band of the posterior layer, relapse can hardly be expected, while, with the bilateral resection, as a thick portion of glandular tissue, normal or not, is left *in situ* the chances for relapse are greater. Consequently one might naturally conclude that unilateral excision is to be given the preference: goiter developing in the non-operated side must not be regarded as a relapse, but is a new goiter whose appearance cannot be charged to the method.

The argument retains, of course, its full strength whenever the lobe left untouched is normal. In that case if any goiter occurs, it must not be regarded as a relapse, but as a new growth. There cannot be any doubt about that. But in the great majority of cases things are not so: the pathological condition is not confined to one lobe only; as a rule both lobes are involved, one perhaps less markedly so than the other, nevertheless, they are both affected. Consequently that method is to blame which does not try to remedy the whole condition and which leaves purposely, knowingly, and carelessly, a goiter, no matter how small, on one side. An error of "omission" is, nevertheless, an error and should be charged with its consequence.

One thing has struck me very forcibly: it is the fact that after bilateral resection a diffuse parenchymatous or a colloid gland, toxic or not, has little tendency to relapse. It seems that after an operation the gland readjusts itself and reverts to the normal type.

Of course if the patient's condition is not good, if it is taking too great risk by resecting bilaterally, this operation must not be attempted; ligation of one, two, or three arteries should be given the preference; unilateral resection should be resorted to until the patient's condition warrants the attempt on the other side.

In conclusion we can say that:

1. *Bilateral resection is the method of choice*, whenever it is necessary and possible;
2. It affords a general view of the entire gland and does not let any goiter escape unobserved;
3. This method is much less apt to give relapse than the unilateral resection;
4. From an esthetic point of view it is ideal;
5. Technically the method is very simple. In fact, it is much simpler than the unilateral intracapsular excision and the risks of injuring the inferior laryngeal nerves and the parathyroids are certainly far less, provided, that a layer of thick enough glandular tissue is left in contact with the danger zone. The amount of hemorrhage is not materially larger than with enucleation or unilateral excision, provided preliminary ligations of the main arterial trunks have been made, and provided, too, that the glandular tissue is cut only after being clamped with two hemostats.
6. When unilateral resection only is made, whenever there is a slight amount of thyrotoxicosis, or whenever bilateral resection must be deferred on account of the patient's condition, it is well to throw a ligation around the upper pole of the lobe which is left untouched.

HOW MUCH THYROID TISSUE CAN SAFELY BE REMOVED?

It seems that every surgeon has his own rule. Von Eiselsberg leaves a portion of glandular tissue which can be compared in size to a hen's egg. Mikulicz leaves on each side a quantity amounting to the size of a walnut. Riedel is satisfied if he leaves one-tenth of the whole gland, while in bilateral goiters he leaves one-third of one lobe. Hoennicke, considering that the normal weight of the thyroid is in the neighborhood of 20 to 25 grams, makes it a point to leave *in situ* enough gland to equal about this weight. De Quervain leaves enough thyroid tissue so as to equal the volume of the normal thyroid gland. Kocher claims that whenever the thyroid shows a diffuse parenchymatous degeneration one-fourth of the total volume of the gland should be left *in situ*. Mayo says that an entire lobe, the isthmus and the two lower thirds of the other lobe can be safely removed. Kausch leaves one and one-half times the size of the normal thyroid.

It is obvious that these more or less theoretical rules cannot be applied to every case, as it would be erroneous to believe that a certain amount of pathological glandular tissue has the same physiological power as an equal amount of normal thyroid tissue. It is consequently wrong to set down a uniform rule which should be applied in every case. It is obvious, too, for instance, that if a patient with diffuse colloid goiter shows symptoms of hypothyroidism, this thyroid insufficiency is bound to become more marked after a certain portion of the gland has been removed. It would consequently be a mistake to remove in such cases as much thyroid tissue as in a case of hyperthyroidism, for instance. In the former case all that we want is to relieve the patient of his pressure symptoms, and to relieve him of his deformity, but we should have constantly in mind the necessity of leaving as much thyroid tissue as can possibly be done, whereas in the latter case the functional activity of the thyroid being what we are trying to diminish, we shall feel at liberty to remove a far greater amount of thyroid tissue than in the former case. Furthermore, it should always be borne in mind that a certain amount of glandular tissue left after the operation undergoes resorption on account of the vascular disturbances and the organization of the blood clots and the connective-tissue formation due to the sutures. This should be taken into consideration when deciding how much tissue should be left. One might expose himself to disappointment if he should count too much on the so-called "compensatory hypertrophy" of the remaining portion. Halstead seems to be presently inclined to believe that this compensatory hypertrophy is only a process of reaction of the thyroid to a low-grade infection.

We may consequently conclude:

1. In simple goiter, colloid or cystic, multinodular or not, without hypo- or hyperthyroidism symptoms, enough thyroid tissue should be left on each side so as to equal about the volume of half of a normal lobe.
2. If hypothyroidism symptoms are present, the amount of tissue left must be in proportion to the degree of hypothyroidism and may equal two or three times the size of the normal lobe on each side.
3. In hyperthyroidism to leave an amount equal to one-third to one-fifth of a normal lobe is a safe procedure.

SHALL WE DISSECT THE PARATHYROIDS?

Some surgeons have thought that they would avoid injury to the parathyroids by dissecting them *in situ*. *A priori* this is rational, but the results obtained have not been encouraging. Indeed, when dissecting a cadaver, if we stop to think how difficult it is sometimes to identify these little bodies, how little they differ from a small accessory thyroid glandule, from small lymph glands, or even from small fat nodules, it will then be easily understood why the above-mentioned method is impractical. It would necessitate a prolonged, tedious, and often an unsuccessful operation; it would expose, furthermore, to troublesome hemorrhages by injuring the numerous veins of that region and would have too often as a result, the injury of the organs which we are trying to protect, namely the inferior laryngeal nerves, and the parathyroids. It is quite plain that these disadvantages and dangers add to those of a prolonged operation. Consequently any method whose aim would be to identify *de visu* these little, too often hypothetical organs, is bound to be unsatisfactory. It must then be discarded. The best way not to injure the parathyroids is to ignore them by leaving them undisturbed with the posterior capsule.

LIGATIONS.

The ligation of the thyroid arteries in goiter was already utilized by veterinary surgeons for goiters of horses, and was proposed as a therapeutic measure in human surgery by von Muys in 1639 and Langhe in 1707. The first ligation in man was done by Blizzard in 1813 when he tried to ligate the superior thyroid artery in order to cause the atrophy of a large goiter. The patient died from hemorrhage. In 1814 Walter attempted this operation again and succeeded. The ligation of the inferior thyroid was done for the first time by Porter in 1852 but it was only in 1888 that Wölfler and Rydigier applied this method systematically to goiter surgery. They obtained good success especially in the vascular and parenchymatous forms. In cancerous, cystic, fibrous, and

calcareous forms the method failed, as could be expected, to give satisfaction. Later, when the technic became better worked out and the antiseptic era protected the patients against infection, these ligations were given up and replaced by thyroidectomy. Today they are used only as a preliminary step to thyroidectomy in Basedow's disease.

The vasomotor and secretory nerves of the thyroid penetrate into the thyroid by the same route as do its bloodvessels. At the upper pole small branches of the *external laryngeal nerve*, which itself is a branch of the vagus, penetrate into the gland with the superior thyroid artery as well as the sympathetic branches. At the inferior pole the nervous branches reaching the thyroid gland in conjunction with the inferior thyroid artery are mostly all of sympathetic origin. According to Briau these branches come from the superior middle and inferior cervical sympathetic ganglions and anastomose freely with the cardiac nerve branches of the vagus. It is found that the inferior laryngeal nerve sends directly to the thyroid gland a very few small filets whose physiological action is not known.

It is a very well-accepted fact today that the branches of the superior laryngeal penetrating the thyroid at its upper pole are essentially *vasodilatatory*: this has been demonstrated plainly by Frank and Hallion. More so, according to Ascher-Flack (*Centralblatt für Physiologie*, June, 1910, xxiv, 211-213), the irritation of the peripheral end of this nerve produces an increased secretion of the thyroid; consequently the external superior laryngeal is not only a vasodilatatory, but is also at the same time an excitosecretory nerve. The central irritation of the depressor nerve causes an intense vascularization of the thyroid through a reflex intermediary action of the external laryngeal nerve. The action of the sympathetic branches are, according to Frank, Hallion and von Cyon, vasoconstrictory. Their division causes, according to Missiroli (*Archivio di fisiologia*, 1908, vi, 582-594), a hypersecretion of the thyroid parenchyma. If this is really so, then sympathectomy for Graves' disease is illogical; at any rate some other explanation should be given in order to explain its favorable results in that condition.

In the light of the above considerations it follows that with our ligations we not only diminish the blood supply of the thyroid gland, but also, at the same time, we deprive, to a certain extent at least, the thyroid of its nerve supply. In fact, our ligations should be considered as true angioneurotomies.

If we sum up these facts and the ones spoken of in the chapter on The Blood Supply of the Thyroid, we come to the following conclusions:

1. With our ligations we not only diminish the blood supply and consequently the secreting power of the thyroid, but we act directly

upon the gland itself by determining atrophy of the territory deprived of the blood circulation. This atrophy is in direct proportion to the amount of blood supply suppressed. It causes a thickening of the capsule and an interstitial cirrhotic process invading the gland throughout; the epithelial elements have the tendency to revert to their normal type.

2. Since the external laryngeal nerve has a marked vasodilatatory and excitosecretory action upon the thyroid, and since the sympathetic branches penetrating the thyroid with the superior and inferior thyroid arteries seem to be less important physiologically, it follows that our efforts should be directed against the external laryngeal nerve. This can be done easily at its point of entrance into the gland, namely, at the upper pole, by performing a ligation including all the branches of division of the superior thyroid artery. In so doing all the branches of the external laryngeal nerve are bound to be caught. This is best done by the *polar ligation method* of Stamm and Jacobson. This ligation must be double, and in order to be most effective, the neurovascular pedicle included between the two ligatures must be severed with a knife or scissors. In that way the branches of the external laryngeal are surely divided. The ligation then becomes an angioneurotomy.

3. Whenever the condition of the patient is such as to warrant a ligation only, the ligation of the superior pole is the method of choice, because to the suppression of the vascular supply we add the suppression of the nervous supply through the external laryngeal nerve.

4. If the condition of the patient warrants a double ligation, the ligation of the superior pole and of the inferior thyroid artery on the same side is the method to be chosen. Indeed, as the anastomoses between the inferior and superior thyroids are very numerous, whereas the bilateral anastomoses are very much less developed, the maximal effect will be obtained if we obliterate the thyroid arteries of the same side instead of ligating, as is so frequently done, both superior arteries.

5. For the same reasons, if the upper pole has been previously ligated the one which will have to be ligated next will be the inferior thyroid on the same side.

6. If three ligations are performed in one or several sittings, two must be performed on the same side, and the third on the upper pole of the opposite side so that there will finally remain one thyroid, the inferior, to ligate if one chooses to do so.

7. Ligation of the four thyroid arteries in one or more sittings can be done without danger of necrosis of the thyroid gland and without danger of tetany, unless vascular anomalies should exist, and this cannot be foretold.

Indications for Ligation.—One of the greatest advocates for this method of treatment of Basedow's disease is Kocher. As he said, "If we

ligate one artery only, we obtain an amelioration of the patient's condition; if we ligate two arteries the amelioration is greater; if to it we add the removal of one lobe, the amelioration is still greater. If the results obtained are not sufficient, we can ligate one or two arteries on the other side, and we can perform another partial thyroidectomy on the lobe which has not been touched." These views have since been almost universally accepted by the majority of operators. In advanced cases successive and graduated operations are the method of choice. Ligation alone of two or three, or even of four arteries, will very rarely suffice to cure the patient who is seriously ill with Graves' disease. Although considerable improvement may follow, thus allowing the surgeon to perform a more radical operation, a complete and permanent cure is hardly to be expected. Ligations must always be practised with the view of improving the patient's condition so as to allow a thyroidectomy to be safely performed later. These small operations have the further advantage of testing the patient's resistance to the operation; they consequently give precious indications for the future surgical procedures. In light forms of Graves' disease it is better to resort to thyroidectomy at once without preliminary ligations. Ligations must be reserved for those thyrotoxic cases where thyroidectomy cannot be safely undertaken.

Ligations are clearly indicated in those forms of non-toxic vascular goiters in which the essential feature is an enormously increased vascularization. Here the goiter resembles an angioma cavernosum with all its vascular symptoms, abnormally marked blood supply, thrill, systolic murmur, partial reductibility by compression, etc. Thyrotoxicosis may be totally absent. This is the *struma vasculosa* of Kocher. Ligations in these forms of struma can be performed in one sitting and can be applied to the four arteries. A complete cure may be hoped for by this simple method.

Ligations are ordinarily not indicated for the secondary forms of Graves' disease, namely, in Basedowified goiters. In these cases their efficacy is only slight, and the same is true for the non-toxic parenchymatous goiters. Exceptionally, however, if in certain Basedowified goiters the vascular symptoms should be very pronounced, preliminary ligations may be very beneficial, as they diminish the blood supply, and what is of utmost importance, lessen the thyrotoxic symptoms.

There are cases of Basedow's disease apparently of nervous origin and characterized clinically by the absence, or almost absence, of thyroid physical symptoms. The symptom-complex seems to take apparently its origin in an intense irritation of the cervical sympathetic system. In these cases ligations, and even resections, are not satisfactory. Resection of the sympathetic nerve with one or two of its ganglia seems to be, for the time being, the method of choice.

After one ligation has been made the patient should be given from two to six months rest; then, according to his condition, a second, and a third, ligation may be performed. From three to five months are then permitted to elapse in order to give the patient a chance to get the full benefit of these operations. Only then, and that is if the condition of the patient warrants it, may thyroidectomy be performed; otherwise the fourth artery should be ligated. In cases of advanced thyrotoxicosis in which the organs have undergone a secondary change, such as nephritis, hepatitis, myocarditis, arrhythmia, etc., the dangers of an operation, whatever it might be, ligations or resection, are quite great, and the hope for cure, or of great improvement, is only slight.

What is the Point of Election for Ligation?—For the *superior thyroid artery* there is no discussion. This ligation takes place just before its entrance into the upper pole. It is best done by the polar method of Stamm and Jacobson (Plate XIII, Fig. 3).

For the *inferior thyroid artery* divergences of opinion still prevail. Some surgeons advocate ligation at its point of entrance into the glandular capsule; others advocate the ligation just inwardly of the vascular cord; while others advocate ligation at the inner border of the scalenus anticus.

Ligation of the inferior thyroid artery *near its point of entrance into the thyroid* has many disadvantages. It necessitates first, the dislocation of the goiter. This is by no means always easy. In exophthalmic goiter, hemorrhage from the goiter itself occurs easily during this act, on account of the adhesions with neighboring tissues, and because of the friability of the bloodvessels. Furthermore, since the search for the artery takes place in the perithyroidal cellular space, which we know is very vascular, this search for the artery or its branches in that region is rendered difficult by the numerous veins found, whose injury increases the difficulty of the operation. Furthermore, we must not forget that this region constitutes the *danger zone* (Plate IX, Fig. 2) which must be absolutely avoided, unless one wishes to run the risk of injuring the inferior laryngeal nerve and the parathyroids. In addition to this, at that level, the inferior thyroid artery has, as a rule, already undergone division into several branches so that one often ligates only a branch instead of the main trunk; the small parathyroid artery in that region is bound to be injured, and the parathyroids and the inferior laryngeal nerve are so interwoven with the branches of division of the inferior thyroid artery that the risk of injuring them is great (Plate IX, Fig. 2). In the light of all these considerations ligation of the artery near its point of entrance into the thyroid is not to be advocated. The same is true for the *intracapsular ligation*, as practised by those who perform thyroidectomy by the decortication method. The same is true for the "ultraligation," as advocated by Halstead.

PLATE XIII

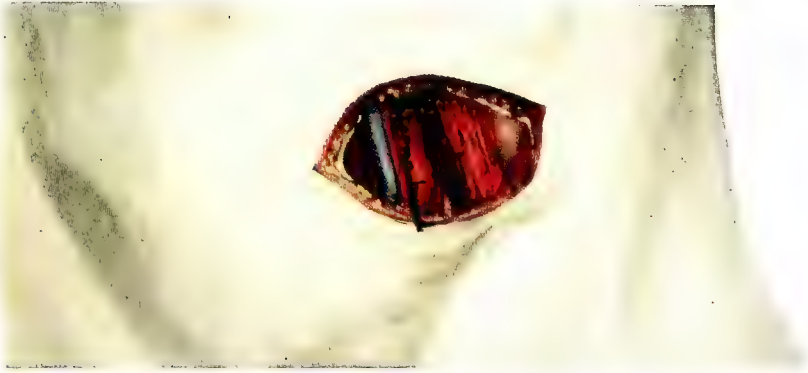


FIG. 1.—The skin and platysma myoides have been cut. The omohyoid and sternohyoid muscles are then encountered. They are divided bluntly at their point of junction. The division of these muscles follows the same direction as their muscular fibers.

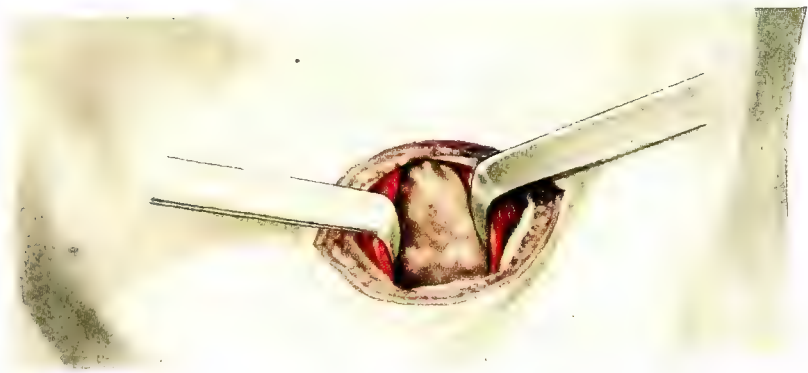


FIG. 2.—The upper pole of the thyroid is then isolated.

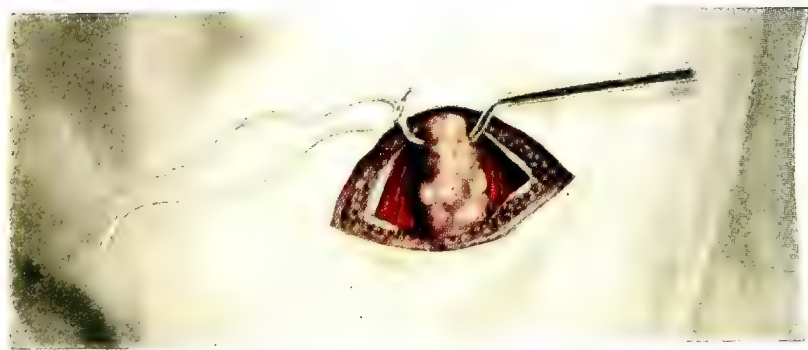


FIG. 3.—A curved thread carrier is swung around the upper pole and ligation is made so as to bite off a little of the thyroid tissue. Another ligation is placed a little above and the thyroid vessels are then cut between the two ligatures.

Figs. 1, 2 and 3.—Ligation of the Upper Pole.

The point of election for ligating the inferior thyroid is *inwardly of the carotid sheath*, soon after the artery has crossed it transversely and posteriorly (Plate IX, Figs. 1, 2). In many instances the thyroid is so hypertrophied that its lateral border overlaps the vascular cord. Ligation of the artery at that point consequently offers, in the opinion of Delore and Alamartine, the same dangers and disadvantages as if the artery were ligated at the point of entrance into the thyroid. They, for this reason, consider the ligation of the artery at the inner border of the scalenus anticus as the method to be followed. (Plate X, Figs. 2 and 79.) These conclusions seem to me not quite correct. To be sure, sometimes the thyroid is so enlarged as to render this ligation very difficult. I grant that in these cases the method for the ligation of the inferior thyroid is the one they propose. This, however, is not common. As a rule, even with voluminous thyroids, it is possible to retract the carotid sheath outwardly and the thyroid inwardly so as to allow ligation to take place without too great difficulties. If luxation of the goiter can be performed, then ligation of the inferior thyroid can surely take place at the point of election. It should not be forgotten that, in undergoing enlargement the thyroid gland does not carry with it and away from their normal places, the parathyroids and the inferior laryngeal nerves. These organs remain where they are, no matter how large the goiter may become, whereas the carotid sheath is displaced laterally and posteriorly, so that in reality the ligation of the artery just inwardly of the vascular cord does not expose these organs to injury. Another advantage of ligating the inferior thyroid artery at the point of election as just mentioned, is that at that point ligation takes place outside of the perithyroidal cellular space. This lessens the danger of injuring the veins which are usually found in it. For all these reasons we may conclude that the point of election for the ligation of this thyroid artery is *just inwardly of the vascular cord* (Plate XXI).

In ligating the artery at that point injury to the inferior laryngeal nerve and to the parathyroids is quite out of the question. Furthermore, the danger of injuring the veins of the perithyroidal cellular space is practically *nihil*. The only organ which might be injured is the sympathetic nerve with its middle cervical ganglion. In the light of our modern views, even if such a thing should happen, the patient would not be the worse for it. I even think that in many instances, inasmuch as the sympathetic lies just behind the artery imbedded in areolar tissue, it is a good plan to add to the ligation the resection of the sympathetic nerve. That is precisely what I sometimes do.

Technic of Ligations.—The problem whether general or local anesthesia should be used is one to be decided with each individual case. On the condition of the patient depends, too, how many ligations should be done in one sitting.

The polar ligation of the superior pole is, as a rule, an easy operation and quickly done. I have often performed it while the patient was still in bed, in order to reduce to a minimum the amount of fear and shock. But the ligation of the inferior thyroid is a more complicated matter because it is of more difficult access. Some authors even claim that this operation is as serious as thyroidectomy itself. In the great majority of cases, however, this assertion is certainly exaggerated.

Ligation of the four thyroid arteries in one sitting should seldom be made because, if the patient's condition is such as to warrant a ligation of the four arteries at the same time, thyroidectomy should by all means be preferred to ligations. The amount of fear and shock will not be greater, and the result will be far more satisfactory and permanent. However, if one should choose to do so, either because he has to deal with a struma vasculosa, or for any other reasons, then the transverse, or low-collar incision, made in the usual way for thyroidectomy, should be given the preference. It is better to expose the gland in a similar manner just as if thyroidectomy were to be performed; the two upper poles are dissected out and ligated. The same is done for the inferior thyroid arteries on both sides.

Isolated Ligation of the Superior Pole.—A transverse, or slightly oblique incision of four or five centimeters is made laterally to the thyroid cartilage at the level of its superior border, and if possible, in a skin crease. As in the large majority of cases the superior pole is easily felt, the latter may serve as a landmark for the place where the incision must be made. The two skin flaps are retracted; a small branch of the superficial cervical plexus and one of the anterior jugular veins may be encountered. They are retracted. The omohyoid and sternohyoid muscles are then prepared and separated bluntly in the direction of their running fibers. (Plate XIII, Fig. 1.) The fibers of the sternothyroid, which lie underneath, are divided longitudinally, bluntly too, and well retracted with blunt hooks. The upper pole is thus brought into view. (Plate XIII, Fig. 2.) It is prepared, doubly ligated with silk carried by a curved ligature carrier, and cut between the two ligatures. (Plate XIII, Fig. 3.) One should always have in mind that it is not by any means difficult to miss the dorsal branch of the superior thyroid artery while passing the ligature around the upper pole. This fact may sometimes account for the failure to realize an expected improvement in a patient with a toxic goiter after unilateral or bilateral ligation of the upper pole was thought to have been accomplished. No drainage; one or two separate sutures for the muscles; suture of the platysma, and intradermic suture.

Technic for the Isolated Ligation of the Inferior Thyroid Artery.—Precisely in the line of the transverse incision, contemplated for future thy-

PLATE XIV



Ligation of the Inferior Thyroid Artery.

This operation is supposed to be a preliminary step before attempting thyroid-ectomy, hence the large incision made. The superficial cervical fascia has been divided just in front of the sternocleidomastoid muscle. This muscle is retracted outwardly while the prethyroid muscles and the thyroid gland are retracted inwardly. (The picture shows a portion of both anterior jugular veins missing. This is an error.)

PLATE XV



Ligation of the Inferior Thyroid Artery.

The sternomastoid and the muscular capsular space have been entered. The carotid sheath is then retracted outwardly while the prethyroid muscles and the thyroid gland are retracted inwardly. The surgical space is carefully avoided. The inferior thyroid is then located and tied.

roidectomy, and over the tendon of the omohyoid muscles, a transverse incision of 6 to 8 cms. is made. The two skin flaps are retracted upward and inward. Just along the inner border of the sternocleidomastoid muscle and parallel to it an incision is made on the fascia covering the prethyroid muscles (Plate XIV); then the finger penetrates bluntly between the sternocleidomastoid and the prethyroid muscles so as to travel through the sternocleidomuscular plane of cleavage until the carotid sheath is located. The sternocleidomastoid muscle and the vascular cord are then retracted laterally, and the thyroid gland covered with its prethyroid muscles is retracted inwardly by a retractor especially designed for the purpose. (Plate XV.) Great care should be taken not to open the surgical capsule of the thyroid. A finger then goes in search of Chassaignac's tubercle or the anterior tubercle of the transverse process of the sixth cervical vertebræ. One centimeter below this tubercle, as a rule, the inferior thyroid artery is found, its pulsations facilitating the finding of it. A curved blunt thread carrier with a small radius is used to carry the ligatures. Care should be taken in handling this artery, as it is often thin and friable, and especially so in Basedow's disease.

Sometimes the artery is not found. It may be caught by the assistant's retractors and compressed so as to prevent its pulsations being felt, but release of this pressure will soon tell as to its presence. If at the point where the inferior thyroid is supposed to be, instead of finding an artery with a transverse direction, one with a vertical direction is found, then we have to deal with either the truncus thyreocervicalis, or with the ascending cervical artery. This is a precious indication, as it will help to find the inferior thyroid artery. If, however, these researches fail, the conclusions must be reached that very likely this artery is absent.

Isolated Ligation of the Inferior Thyroid on the Inner Border of the Scalenus.—Dietrich and Langenbeck, who were the first to advocate this method, used to pass between the two heads of the sternocleidomastoid muscle. Drobnik, Rudigier and Wölfler have advocated the following method (Fig. 79):

Two centimeters above the clavicle and about 0.5 cm. behind the posterior border of the sternocleidomastoid muscle, a slightly upward-curved incision of 5 cms. is made. The superficial cervical fascia is divided and if the external jugular vein is encountered, it is clamped and cut. In the triangle formed by the sternocleidomastoid muscle, the omohyoid and the clavicle, a blunt dissection takes place until the scalenus anticus is found. On its anterior surface lies the phrenic nerve: it is retracted inwardly with the fat tissues. On the inner border of the scalenus the inferior thyroid is felt pulsating and may also be seen. It

is ligated between the two ligatures and cut. No drainage; intradermic suture. This operation has the great advantage of taking place far from the thyroid gland and its danger zone. It causes no risks of tetany, of injury to the inferior laryngeal nerve, or of hemorrhage through injury of the thyroid vessels, but it necessitates a new incision, and hence another scar.

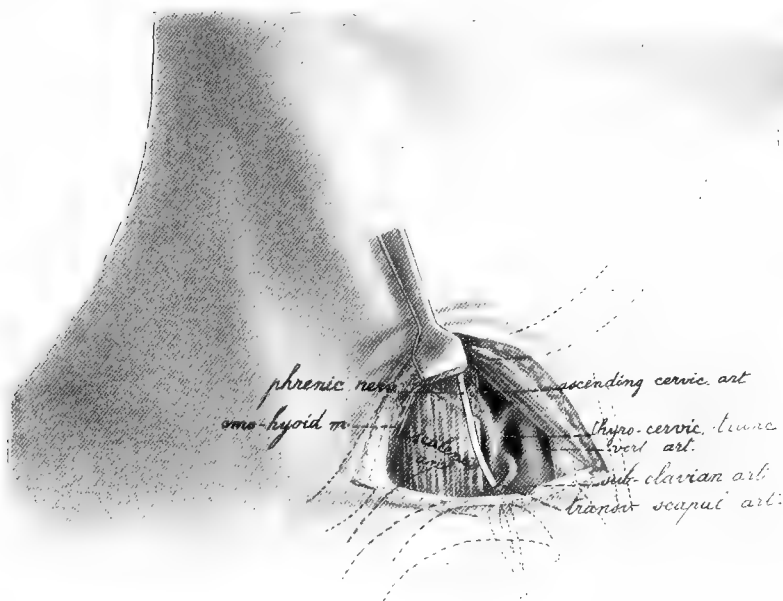


FIG. 79.—Ligation of the inferior thyroid artery. Incision is made above the clavicle in order to penetrate the triangle formed by the sternocleidomastoid, omohyoid and the clavicle. The thyrocervical axis is then located and the inferior thyroid tied. Note the close relation of the phrenic nerve to the thyrocervical trunk.

Hemostasis.—Hemorrhages were for a long time a feared complication of goiter operation. With our present anatomical and technical knowledge, however, this complication can now be avoided almost entirely. Of course there will always be operations in which hemorrhages, no matter what is done, will be abundant; especially in Graves' disease where, because the bloodvessels are thin and friable, hemorrhage is sometimes quite marked despite a good technic. There will always be, too, hemorrhages due to some unexpected and unavoidable accident. These complications, however, can be reduced to a minimum.

Hemorrhages may be: 1st, arterial; 2d, venous; 3d, parenchymatous.

Despite unilateral ligation of the superior and inferior arteries and veins of the thyroid, we know from our own previous studies that hemorrhage may still occur on account of the bilateral anastomoses, and collateral circulation from the neighboring tissues. Parenchymatous hemorrhage is, as a rule, of little importance. In certain very vascular goiters, however, the hemorrhage may be so diffuse and so abundant that one hardly knows where to put a hemostat. Furthermore, the parenchyma and vessels may be so friable that any attempt to place a hemostat or a ligature only results in an increase of the hemorrhage. The only, and the best, way to stop this diffuse parenchymatous oozing is to use what the French authors call the "ligature en masse." This is done by including in the ligature a certain amount of glandular tissue and by tying the ligature just tight enough to stop the oozing, but not to break the glandular tissue.

Hemorrhage can be greatly reduced if one follows the following rule: Never cut the glandular capsule and the parenchyma unless previously clamped, and then operate carefully, anatomically, and systematically.

By ligating the one or two thyroid arteries prior to undertaking resection of the gland hemorrhage may be reduced to a minimum. The preliminary ligation of both the superior and inferior thyroid arteries, prior to resecting the goiter, is not considered by everyone as a necessary step to the operation. In Kocher's, De Quervain's and many other surgeons' work, ligation of both the superior and inferior thyroid arteries is a part of their technic. On the other hand, Mikulicz, Kausch, and others do not strive to do so. Kausch, for instance, ligates the superior thyroid only: he is never concerned with the inferior thyroid. I share the same views, except when I have to deal with thyrotoxic goiters in which the diminution of the blood supply of the remaining glandular portion is one of the aims of the operation. Otherwise, in ordinary simple goiters, I really do not see the necessity for ligating the inferior thyroid before removing the goiter. On the contrary, I consider that leaving the inferior thyroid untouched is one of the best assets for the vitality of the remaining glandular portion, and especially for its functional activity. It is rare that hemorrhage during operation is such that the only means to check it is to add to the ligation of the superior thyroid artery, the ligation of the inferior thyroid. Another reason for giving up the ligation of the inferior thyroid is to avoid any chance of injuring the inferior laryngeal nerve and the parathyroids. Furthermore, quite often the vitality of the remaining portion of the gland is already reduced, and consequently if it is further lowered by shutting off its main blood supply, it will hardly be able to take care of the ligatures' material, and especially so if the latter is non-resorbable, hence pus and elimination of the threads. On the other hand,

as a routine measure, I always ligate the superior pole before starting the resection.

It is scarcely necessary to state, if ligation of both superior and inferior thyroids is attempted by the surgeon as a part of his routine technic, since this ligation has for its sole object the reducing to a minimum of the hemorrhage during the surgical act, that it should take place before beginning the resection of the gland. This again is not viewed by everyone in the same way: I have often seen surgeons performing this ligation after the removal of the goiter was terminated. At that time of the operation, this ligation is, in my judgment, entirely unnecessary, as it presupposes that hemorrhage has already been mastered. Indeed, in the great majority of cases, as soon as the goiter has been removed, hemorrhage diminishes in a surprising manner: a few hemostats here and there and the bleeding is controlled. Once in a great while, however, the oozing is so profuse that it seems more expedient to resort to the ligation of the inferior thyroid artery in order to check the bleeding. This, however, is rare. At any rate, if one believes in the necessity of ligating the inferior thyroid artery, the only logical moment to perform it is before starting the resection of the goiter itself. As said before, exception can be made for thyrotoxic goiters. In these cases, if for some reason ligation of the inferior thyroid artery has not already been done, it can then take place after the goiter is removed.

PLATE XVI



Thyroidectomy.

The low-collar incision being performed and the two skin flaps retracted, the prethyroid muscles are divided in the middle line.

CHAPTER XLI.

OPERATIVE TECHNIC FOR THYROIDECTOMY.

INCISION.

1. IN the greatest number of cases the incision of choice is the *low-collar* incision of Kocher. It is the one which certainly gives the best cosmetic results and when properly placed allows the surgeon to perform every step of the operation without difficulty. It is slightly curved, its concavity being directed upwardly; it should be perfectly symmetrical. The incision is made one or two centimeters above the manubrium sterni. The length varies, of course, with the size of the goiter. The fault too often made by beginners is that of a small incision. In larger goiters the incision extends from the middle of one sternocleidomastoid muscle to the other, or better said, from one external jugular vein to the other. In the average case it can be made much smaller. If local anesthesia is used, the incision must be larger than with general anesthesia so as to diminish the pain caused by the necessary pulling upon the retractors. It is better to give the preference to a slightly curved incision than to a straight transverse cut. In unusually large goiters the esthetic side may have to be disregarded; the "Winkelschnitt" of Kocher or angular incision with well-rounded angles above the cricoid cartilage will then give far better access to the tumor than any other incision. This incision, however, will seldom find employment because very large goiters are becoming more and more rare every day, and because, too, a well-arched collar incision will almost always meet every demand.

Other incisions are sometimes advocated as the "H," "T," and "U" forms. They only prove that the surgeon who uses them is not very much concerned with the esthetic side of his work. These incisions will soon have only an historical interest.

2. The subcutaneous tissue and platysma are then retracted, the upper flap as high as the thyroid cartilage, the lower flap to the episternal notch. (Plate XVI.) The two median and oblique jugular veins are clamped and cut; the two external jugular veins are left uninjured. The upper and lower flaps are maintained retracted either by an automatic retractor or by an assistant.

3. A vertical incision extending from the thyroid cartilage to the episternal notch is made in the middle line between the prethyroid

muscles. (Plate XVI.) A finger is then introduced under them and going up and down, loosens their posterior surface as far up and down as possible. (Plate XVII.) The greater amount of pressure must take place anteriorly against their posterior surface so as to avoid injury of the subjacent veins.

4. For moderately sized and non-complicated goiters the mere lateral retraction of the prethyroid muscle affords sufficient access to the field of operation. In a great many instances, however, it becomes necessary to cut them transversely. (Plate XVIII.) The point of election for their section is at their upper end; in that way their nerve supply is not injured while the section breaks the line of scar thus preventing the muscular suture from becoming adherent to the cutaneous one. These muscles are clamped transversely and cut between parallel hemostats, on one or both sides according to the necessity, and are retracted laterally and downward. Furthermore, these muscles are treated as one structure technically throughout the operation, and are always manipulated as one object; they are not being freed of their fascia covering them. Usually, however, the omohyoid muscle does not need to be cut. The time lost in liberating, clamping, cutting, retracting, and sewing up these muscles when the operation is done is practically not worth mentioning. At any rate, it is more than sufficiently offset by the ease, rapidity and safety with which the operation can be done, and by the minimum of traumatism inflicted upon the patient.

The sternocleidomastoid muscle does not need to be incised at all. Its lateral retraction is sufficient to give plenty of access to the field of operation. It may, however, become necessary in large intrathoracic goiters to cut temporarily its sternoclavicular insertion. In that case its two ends must be sewed up afterward.

5. There is no need to say that, as the operation is progressing, every bleeding point is at once blinded with hemostats which are left in place or removed after immediate ligature has been made. In a most general way, but especially when dealing with the gland itself, clamping with hemostats must always be done before cutting and not afterward.

6. The surgical capsule is now open and the glandular capsule exposed. (Plate XIX.) This step of the operation is of the utmost importance as it affords the proper plane of cleavage, otherwise the surgeon will err in the wrong place and the operation will become very difficult. Two index fingers are introduced between the surgical capsule and the goiter itself and conducted up and down gently around the goiter so as to loosen the tumor from its connection with the surgical capsule. (Plate XX.) In so doing one often finds the middle or accessory veins of Kocher, which in large goiters are sometimes markedly developed. They are doubly clamped and cut.

PLATE XVII



Thyroidectomy.

The operator then goes with the index fingers into the musculocapsular space, thus loosening the prethyroid muscles away from the gland.

7. Now comes one of the most important steps of the operation, a method first introduced by Kocher and called *dislocation of the goiter*. One or two fingers passed posteriorly between the gland and the surgical capsule lift the gland forward, the isthmus forming, so to speak, a hinge upon which the lobe is swung. The surgical capsule is detached and retracted posteriorly as far as the "danger zone" (Plate IX, Fig. 2), but no farther, so as to avoid coming in contact with the parathyroids and inferior laryngeal nerve. Luxation, too, should not be pushed too far, so as to avoid the danger zone. Occasionally there may be some hemorrhage from small vessels torn when the gland is luxated. This hemorrhage can usually be easily controlled.

In uncomplicated cases, with not too large a goiter, when the surgical capsule has not undergone any secondary inflammation and has not become adherent to the glandular capsule, luxation of the goiter is an easy matter, and of most impressive effect, especially when unsuspected intrathoracic goiters are fished out. If, however, peristrumitis has taken place, as in some cases of Basedow's disease, strumitis, and malignancy, the surgical capsule being fused with the glandular capsula propria, it is no longer possible to separate them, the good plane of cleavage cannot be entered into. Under such circumstances the operation becomes difficult and bloody. It is in such attempts to luxate the goiter that alarming hemorrhages are observed, sometimes so intense that one fears to have injured the internal jugular or subclavian veins. Under such conditions luxation must often be given up, and resection of the goiter, after having ligated the upper pole and possibly the inferior thyroid artery, must be undertaken *in situ*. The operation is more difficult but is technically feasible, as shown by surgeons who never luxate, but dissect the entire gland free from its attachments by sharp dissection with scalpel and dissecting forceps, laying bare the posterior capsule. (Plate X, Fig. 1.) We have seen, however, that such technic is not to be recommended.

8. The upper pole is freed from all surrounding structures, and the left index finger is placed between the upper pole and the carotid sheath so as to prevent injury to the structures contained. A curved, blunt thread carrier is swung around the upper pole and ligation of the thyroid vessels is made (Plate XXII). Usually it is easier to ligate the upper pole so as to bite off a little of the thyroid tissue. A safety hemostat is placed outside of the ligature. This is done for safety's sake so as to make doubly sure that no postoperative hemorrhage will take place. Another hemostat is placed outside of the first, then the upper pole is severed with scissors between the two hemostats just mentioned. The upper pole may be so thick as to necessitate several hemostats before it can be entirely severed from the body of the gland.

9. If one is a partisan of the systematic ligation of the inferior thyroid artery, or if it has become evident from the nature of the goiter that this ligation must be undertaken, it is now the proper time to perform it. On account of the reasons given in the chapter concerning ligations, it must be done far from the danger zone at the point of election, namely, just inwardly of the carotid sheath. (Plate XXI.)

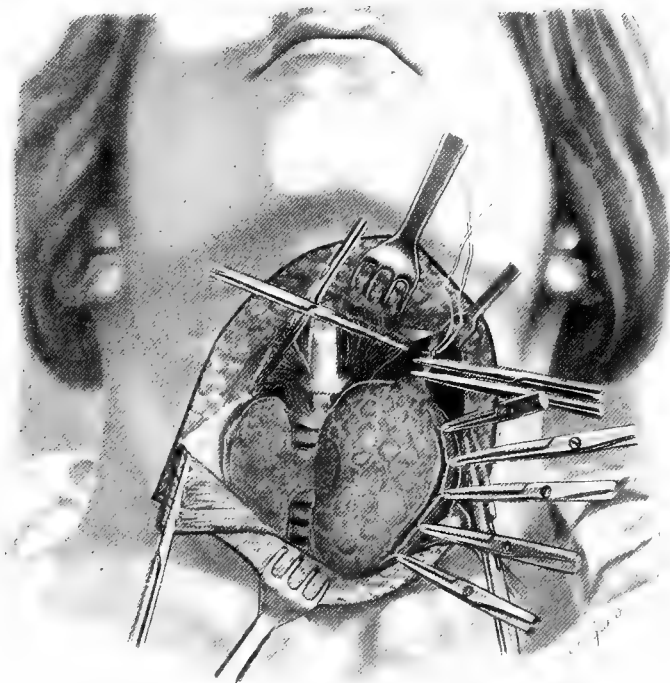


FIG. 80.—The left lobe is then resected in a similar way as was the right. The picture, for clearness' sake, shows that the right lobe and isthmus have been separated from the body of the left lobe. In the ordinary technic of bilateral resection it is more elegant to leave the various portions of the thyroid in close relation one with another so as to remove them *en bloc*.

10. Starting at the upper part of the lobe and all along the external edge of the gland (Plate XXII), and progressing gradually inwardly toward the middle line, hemostats are placed first upon the glandular capsule and when this has been cut, upon the parenchyma itself and so on until the entire portion which was intended to be removed has been resected and until one has reached the isthmus. When resection reaches the lower pole, one or two small hemostats will take care of the little bundle of *imæ* veins which are always present. No special effort is made in order to discover if a thyroid *ima* artery is present or not: the whole bundle of the *imæ* vessels is clamped *en bloc*.

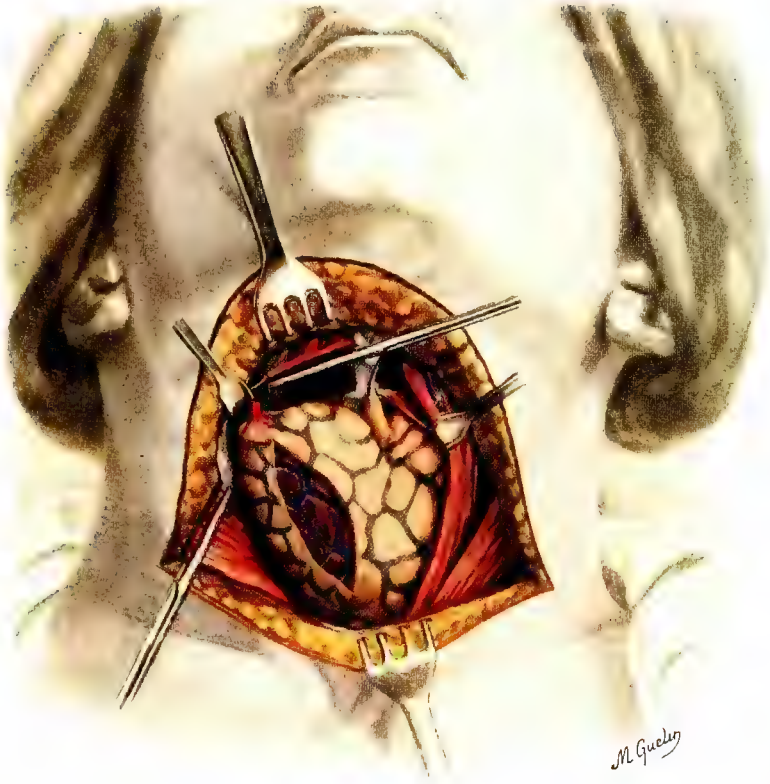
PLATE XVIII



Thyroidectomy.

When necessary the prethyroid muscles are divided at their superior ends after being clamped between two hemostats.

PLATE XIX



Thyroidectomy.

The goiter is thus fully exposed. The surgical capsule is then opened so as to allow the surgeon to enter the proper plane of cleavage, which is the surgical space.

This mode of removing the gland is known as the *transfrontal resection*. If one wishes to resort to the *cuneiform resection*, it is done in the way and manner described in Plates XI and XII. Whatever method is employed, great care should be taken to leave a thick enough portion of glandular tissue over the danger zone so as to protect the parathyroids, inferior laryngeal nerve (Plate XXIII) and to safeguard the patient against hypothyroidism.

11. What shall we do with the isthmus? Unless one has to be very economical with thyroid tissue, the isthmus had better be resected. If resection is undertaken, it is better to start the resection by its lower border at the junction of the isthmus and the lobe. When once the proper plane of cleavage between the isthmus and the trachea is found, the operation goes on easily. Resection may be either frontal or cuneiform. If one wishes to leave a thin strip of glandular tissue in front of the windpipe, he may do so (Plate XXIII); ordinarily, however, it is better to lay the trachea bare.

12. If the operation must be bilateral the technic just described for the removal of one lobe is applied in the same way for the other lobe which is to be removed. If the prelaryngeal muscles have not been severed before, they are then retracted, the goiter is luxated, its superior pole and if necessary the inferior thyroid artery are ligated and resection is undertaken in the way just described (Fig. 8o). Resection may take place either from the middle line toward the outside as shown in the figure or *vice versa*. I prefer to resect from outside inside. Here, too, enough gland should be left in order to protect the parathyroids, the inferior laryngeal nerve, and to form with the portion left on the other side a regular contour of the neck.

13. The pyramidal process is dissected out from below above up to its terminal point. One should always be sure to remove it all, otherwise compensatory hypertrophy will take place later on in it, and give rise to an unpleasant deformity of the neck.

14. As a general principle the thyroid gland should not be removed piecemeal. It is far more elegant to resect it *in bloc*, its two lobes, isthmus and pyramidal process being still in connection one with the other so as to form a whole.

15. Fresh, sterilized towels are put all over the soiled ones and careful ligatures of whatever has been clamped are undertaken. I admit that it is sometimes tedious work, but it is the only way to prevent secondary oozing. And even then one cannot always guard against that. Before removing the safety hemostat on the superior thyroid artery, another safety ligation should be performed so as to avoid a secondary arterial hemorrhage. Sometimes, indeed, the first polar ligation does not hold, or the knot is apt to slip, hence the necessity for another safety ligature.

16. A careful exploration of the upper mediastinum is made for thymus hyperplasia. If such hyperplasia is found to be present, thymectomy is performed. Description of the technic for this operation will be found in the chapter on Thymectomy.

17. When hemostasis has been complete, and only then, 15 minims of a 1:1000 adrenalin solution are given subcutaneously, in order to obtain vasoconstriction of the bloodvessels and thus to diminish the chances of postoperative oozing. When there is a parenchymatous oozing difficult to control, packing of the wound for a minute or two with very hot compresses proves to be very effective.



FIG. 81.—The prethyroid muscles are then sewed together by a continuous running suture which is preferable to the interrupted one shown in the picture.

18. The prethyroid muscles are then sewed up at their upper end and in the middle line by continuous suture so as to restore the normal anatomy of the neck (Fig. 81). The necessity of sewing them is not an absolute one; probably more often than is expected the sutures do not hold; yet this seems to have no ill effect upon the cosmetic aspect of the neck. Some surgeons, Riedel for instance, do not sew them up at all. This procedure, however, is not anatomical and should not be recommended.

PLATE XX



Thyroidectomy.

The surgical space is then fully enlarged and the surgical capsule is retracted as far back as necessary, keeping in mind that it should not be retracted too far into the danger zone. The glandular capsule is thus fully exposed.

PLATE XXI



Thyroidectomy.

Showing how far back it is safe to retract the surgical capsule and where the ligation of the inferior thyroid artery should be performed in order to avoid injury of the inferior laryngeal nerve and the parathyroids.

19. In the majority of cases drainage is not necessary. If, however, a drain is to be inserted, it must be done before entirely closing up the muscular belt in order to put the end of the drain in its proper position so as to avoid pressure on the windpipe or scratching of the raw surface of the thyroid which might cause hemorrhage. Following Kocher's example, I use exclusively a glass drain in thyroid surgery. There is no need of a special opening for that drain. Drainage through the incision as shown by Fig. 82 gives the best results.

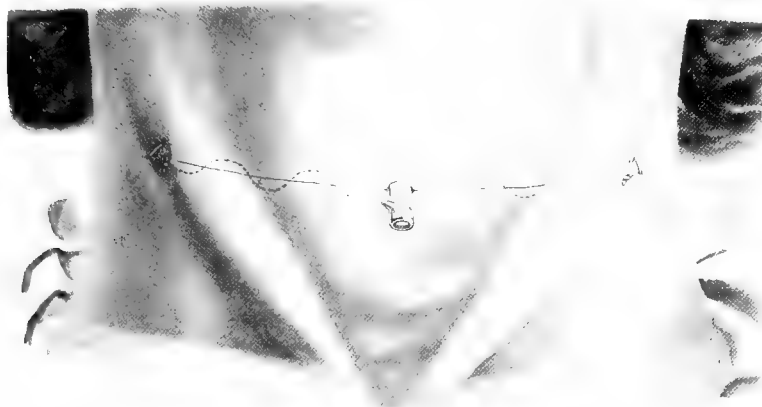


FIG. 82.—Intradermic suture is then performed. The picture shows where the glass drain, when used, should be inserted.

20. The platysma myoides muscle is sewed up by itself with a continuous suture. (Plate XXV.) This is done in order to avoid later on the spreading of the scar due to traction of this muscle upon the edges of the wound.

21. Intradermic suture of the skin is then made (Fig. 82).

OPERATION FOR INTRATHORACIC GOITER.

The operation is difficult and requires much technical experience and thorough anatomical knowledge. A low-collar incision is made in the same way and position as for any operation for goiter. The pre-thyroid muscles are divided in the middle line and at both upper ends.

The most important thing in such an operation is to free the cervical portion of the goiter as completely as possible from every connection with the other organs before undertaking the removal of the goiter; consequently the upper pole must be ligated and cut. The lobe to be removed must be resected as far down as possible, the hemostasis must be complete before attempting to remove the intrathoracic portion of the goiter. When once freed from its connection with

the other organs this cervical portion is used as a tractor to pull the intrathoracic portion of the goiter upward. It is oftentimes the only hold which we can have on the intrathoracic portion, consequently, every precaution should be taken to preserve such connection. At this stage of the operation, it is often possible to pass a finger or two around the lower pole of the goiter and to dislocate it upward. If it is not possible to do so, then the goiter is pulled upward by its cervical portion, slowly, gradually, carefully, each vessel coming in contact with the capsule of the goiter, being clamped securely. It is safer to ligate at once the vessels in contact with the lower portion of the goiter, because otherwise, if ligation is done only after removal of the goiter, the raw surface in which the goiter was imbedded is aspirated again into the thoracic cavity, then ligation becomes extremely difficult and may give rise to tremendous hemorrhages. When the intrathoracic goiter has no cervical portion, and when there is no hold to pull, the goiter is seized with the special forceps devised by Kocher.

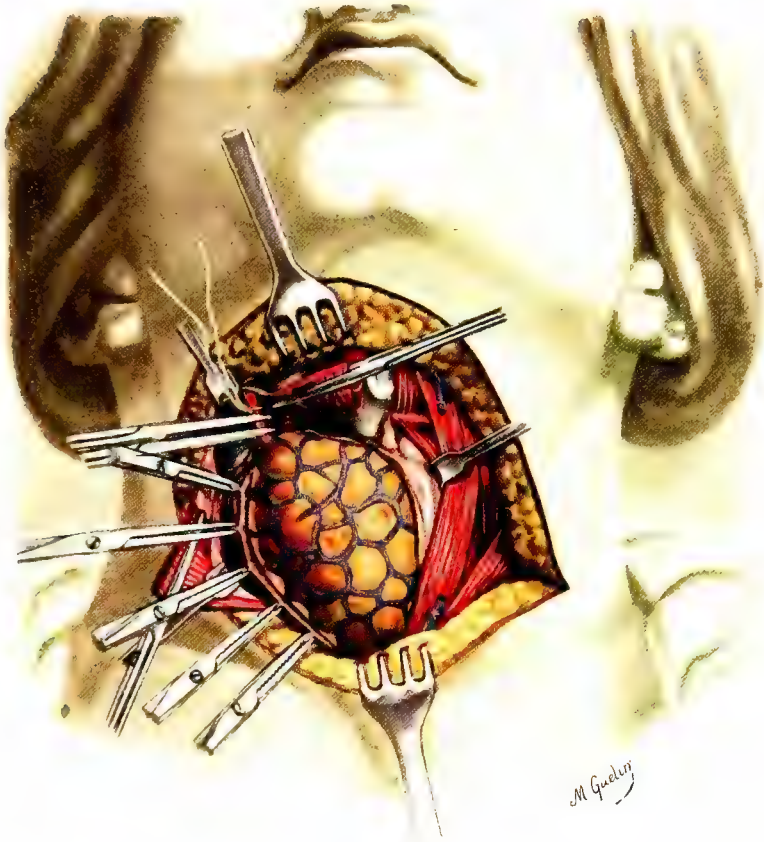
In intrathoracic goiter surgery, the critical time of the operation is the moment when the goiter is fished out of the thorax and passes the so-called "critical space," namely, the superior opening of the thorax. At that time alarming hemorrhages and choking of the patient may occur. Blood sometimes gushes up in streams as from a deep well and may be due to injury to one of the large veins, the internal jugular, the subclavian, or the innominate. Suffocation is due to the fact that the goiter in passing the superior opening of the thorax flattens the wind-pipe. It is often necessary to replace the goiter in the thorax in order to allow the patient to breathe again. This may have to be done several times during the surgical procedure until the goiter has passed the "critical point," namely, the superior opening of the thorax.

The intrathoracic goiter may be so large that it is impossible to pull it through the superior opening of the thorax. If we have to deal with a cyst the difficulty is easily turned. The cyst is punctured and its contents aspirated. If the tumor is solid then the method known as "evidement" or "morcellement" used in bone surgery or in fibroid of the uterus can be successfully applied here, too. One finger goes firmly through the tumor and shells it out piecemeal. Then when the goiter *in toto* has been so reduced in size as to pass the superior opening of the thorax, it is pulled out of the thoracic cavity.

In intrathoracic goiter, drainage is indicated because there is a large, dead space located at the lower end of the wound, consequently this cavity is bound to fill up with blood. No packing should be left in, unless hemorrhage should be abundant and cannot be controlled.

Intrathoracic goiter surgery is one of the most thrilling there is. If one is seeking surgical emotion, it is surely in that field that he will find what he is looking for.

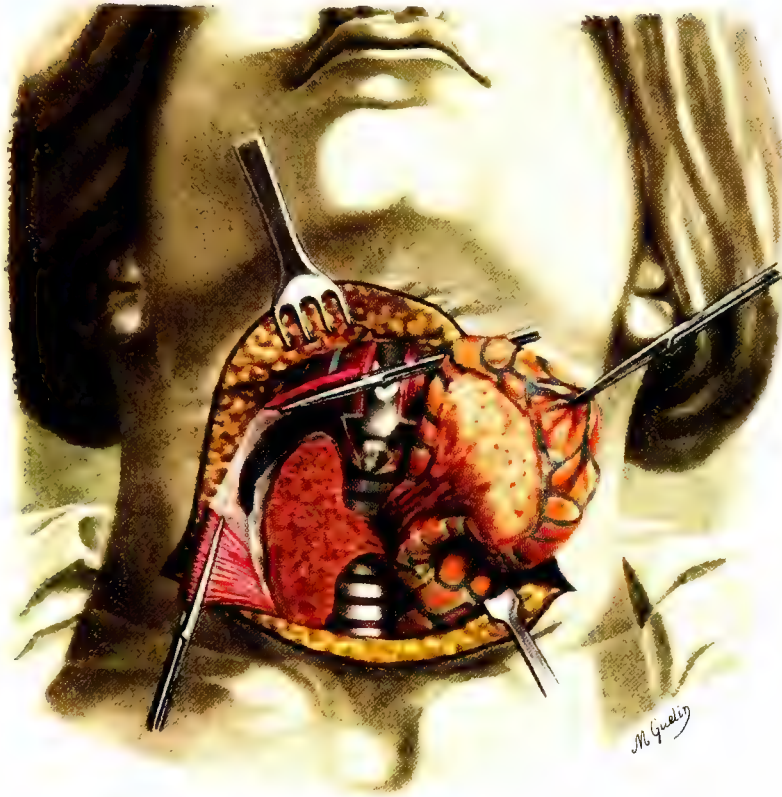
PLATE XXII



Thyroidectomy.

Ligation of the upper pole is performed, the goiter is dislocated forward and a transglandular resection is being made, starting along the lateral surface of the goiter until the lower pole is reached.

PLATE XXIII



Thyroidectomy.

The right lobe is then totally resected and so is a portion of the isthmus. The figure here shows that a little strip of the posterior portion of the isthmus has been left *in situ*. This, however, is not at all necessary. Usually the trachea is left bare.

TECHNIC OF OPERATIONS FOR MALIGNANT GOITERS.

For this class of tumors it is impossible to set down hard-and-fast rules. The technic will vary with the development of the malignant tumor. In the great majority of cases a malignant goiter develops from a preëxisting simple goiter. For a certain period of time the growth remains intraglandular, leaving the capsule entirely free. If one is fortunate enough to meet with such cases the technic will not be more difficult than in any ordinary goiter. The only thing to do is to perform a total unilateral or bilateral excision as the case may be. Postoperative hypothyroidism should be a secondary consideration, since we know that cachexia strumipriva occurs only once out of two or three cases of complete thyroidectomy. At any rate we have not the choice. If symptoms of hypothyroidism develop, thyroid opotherapy will remedy such complications. Tetany may develop, too, but can be successfully met with our modern methods of treatment.

Unfortunately, in the greatest number of instances the surgeon sees such cases only when the growth has already invaded the capsule and the neighboring tissues, as the trachea, esophagus, large bloodvessels, and the nerves. In such conditions complete removal of the tumor is impossible: operation, if at all performed, can be only palliative.

CHAPTER XLII.

OPERATIVE ACCIDENTS.

Lesions of the Nerves.—Injuries to the inferior laryngeal nerves were extremely frequent when total thyroidectomies were performed and when the technic of goiter operation had not reached its present state of development. Billroth, for instance, in 71 extirpations of goiter had 23 partial or complete paralyses of the larynx. In 1885 Jenkowsky in 100 goiter operations observed paralysis of the vocal cords 14 times. Today these accidents are rare and with good technic should not occur.

Injury to the inferior laryngeal nerve is most liable to occur:

1. When the inferior thyroid artery is ligated; hence the indication to perform the operation far from the thyroid, namely, on the inner border of the carotid sheath.

2. When resecting the gland; hence the indication to leave a thick layer of glandular tissue in connection with the posterior capsule.

If these two requirements are observed there should be no direct injury to the inferior laryngeal nerves. It must be said, however, that a temporary, and even a permanent, paralysis of the vocal cords has been observed even when no direct injury whatsoever to the inferior laryngeal nerve was done. Wölfler found 12 of such cases. Paralysis in such cases is due, either to formation of connective tissue around the inferior laryngeal nerve, or is associated with a previous paretic condition of the vocal cords, caused by the goiter itself. Hence the indication never to forget to make a laryngoscopic examination of patients affected with goiter, as such a systematic examination will not only reveal unsuspected paretic or paralytic conditions of the cords, but will also be a protection to the surgeon since it enables him to warn the patient that a hoarseness or even temporary loss of voice may follow the operation.

Bilateral injury of the inferior laryngeal nerves is not common. In 1890 Wölfler reported 6 of such cases. Four times death occurred from aspirative pneumonia.

Injury to one of the inferior laryngeal nerves is of good prognosis. If the nerve has been accidentally resected or pinched in a ligature, its continuity is never reestablished, although the patient will in time recover his voice on account of the compensatory swinging over of the other cord. Phonation will in time become so improved that the patient is unaware of any change. Leischner collected 67 cases of postoperative

PLATE XXIV



Thyroidectomy.

View of the field of operation after bilateral resection has been performed. As stated before, a small strip of glandular tissue representing the isthmus is usually not present.

PLATE XXV



Thyroidectomy.

The platysma myoides muscle is sewed up by itself by a continuous running suture.

troubles of varying degree due to the injuries mentioned. In 4 cases there was paralysis of both cords; 6 cases of unilateral paralysis; 35 cases of unilateral paresis; 19 cases of slight unilateral paresis; and 3 cases of slight bilateral paresis. The final results in these cases, as to the return of the vocal function, were as follows: Of the 4 cases of bilateral paralysis, 2 patients regained normal voice and 2 remained very hoarse. Of the 6 cases of unilateral paralysis, 3 patients regained their voices, 2 remained hoarse and 1 was hoarse occasionally. Of the 19 cases of unilateral paresis of slight degree, 17 regained their voices and 2 remained hoarse. Of the 3 cases of bilateral paresis, the voices became normal. Of the 35 cases of unilateral paresis, 22 regained their voices, 2 remained hoarse, and 4 were hoarse occasionally.

Many authors have reported cases of vocal disturbances existing before the operation which disappeared very soon after goiter had been removed. In such conditions the disturbances are caused by a simple irritation of the recurrent nerve on account of pressure. As soon as the goiter has been removed, pressure ceases, hence *restitutio ad integrum* of the nervous function. In other conditions the vocal disturbances are caused by a congestive condition of the larynx, caused by pressure from the goiter on the laryngotracheal tube. There, again, as soon as the goiter is removed, compression disturbances and congestion cease, while the vocal cords return to their normal condition, and consequently to their normal function.

Injuries of the superior laryngeal nerve are infrequent. Injuries of the phrenic and sympathetic nerves may occur only in malignant goiters. Injury of the hypoglossus may accidentally occur in large goiters extending high up into the submaxillary region. Injury to the vagus nerve occurs frequently during removal of malignant goiters. Not so uncommonly the nerve must be cut away with the tumor. Usually the division or resection of the vagus is harmless. Its irritation, however, through stretching or pinching with a hemostat, is far more serious, since it may lead to diminished cardiac action, lowered blood-pressure, dyspnea, and even collapse and death.

Suffocation and Collapse of the Trachea.—One of the most dramatic accidents which may occur during goiter operation is *suffocation*. It is found mostly in connection with partially or totally intrathoracic goiters. It is due to occlusion of the windpipe, either because the trachea is compressed by the tumor when passing the superior opening of the thorax, or because the displacement and compression of the windpipe are exaggerated during the operative maneuvers. And strange as it may seem, suffocation may occur even after the goiter has been entirely removed. At first this seems paradoxical. We have seen, however, that in long-standing goiters pressure causes atrophy of the tracheal

walls; they consequently become soft and pliable. While the goiter is present it acts as a splint and supports the weakened portion of the trachea. But suppose we remove the goiter. No longer reinforced by the goiter and having lost their normal elasticity the walls of the trachea are sucked in with each inspiration. The more violent the efforts at each inspiration, the more complete will be the occlusion, because the atrophied walls are drawn into the tracheal lumen like a valve, and as mechanical obstruction of the windpipe is always accompanied by catarrh and edema of the laryngeal and tracheal mucous membrane, the lumen of the trachea available for respiration consequently becomes utterly insufficient. If the operation is performed under local anesthesia, the patient will soon protest in such a way that the surgeon is bound to know that something is radically wrong. Even if general anesthesia is used, and if the accident happens during the operation, the surgeon will soon locate the trouble. But if the accident happens after the operation is over, if the surgeon has not noticed during operation the condition of the trachea, and if he is not aware that such an accident is possible, he will think that he is confronted with a case of cardiac collapse, of thymic hyperplasia, or will incriminate the anesthetic. In the meantime the life of the patient will be fast slipping away.

If suffocation takes place during the passage of the goiter through the superior opening of the thorax during the act of fishing it out of the mediastinal space, and if luxation cannot take place very quickly, as already stated, it is better to push the goiter back again into its former place in order to relieve pressure. This may have to be done several times until the goiter has been sufficiently loosened from the surrounding structures and removed. In some other instances luxation must, on the contrary, be completed very quickly, as suffocation will cease only when this luxation is complete.

If suffocation is due to an aspirative collapse of the tracheal walls on account of their atrophy, the case is a little more difficult to handle. The ordinary tubes for larynx intubation are of no value because the obstruction lies lower than these tubes can reach. Catheterism of the trachea with catheters used for intratracheal insufflation are the only ones which can be useful. They may be left *in situ* until the walls of the trachea have become self-supporting.

The best plan, however, which has proved successful with other surgeons and myself is to pass at the time of the operation one or two threads through the collapsing walls and to suture them to the muscular belt, with just enough tension to maintain the collapsing walls far apart, but not so as to tear the suture through. The head should then be immobilized so as to set the cervical muscles at rest. The threads will

hold just long enough to allow the trachea to become adherent in its new position to the neighboring tissues, and consequently to prevent any further collapse.

As a means of last resort there remains tracheotomy.

It is really impossible to set down hard-and-set rules for each case. The surgeon himself must decide at the time what is really best to do in each given condition. In that critical moment the decision, experience and skill of the surgeon will be the best assets to guard the patient against death.

Injury to the Trachea, Esophagus and Pleura.—In non-malignant goiters, accidental injury of the trachea and esophagus practically never occurs. If it does, it must be charged to an error in technic. In malignant goiters, however, which have grown adherent to the esophagus and trachea, partial resection of the latter organs may have to be deliberately undertaken. In strumitis such a resection is not warranted.

Injury to the pleural membrane is very rare and occurs in conjunction with removal of intrathoracic goiters.

Tracheotomy.—While starting out to operate a goiter a surgeon may be called upon to perform a tracheotomy in patients choking on account of pressure from goiter. In order to be successful the operation must be methodical, and at the same time very rapidly done. It is not always an easy matter to open the trachea while a patient is choking to death, while there is an intense congestion of the entire cervical region, while a large goiter prevents getting at the windpipe quickly, and while the trachea is so displaced and compressed that the anatomical landmarks are completely disturbed. And indeed it is not enough to open the windpipe, but the cannula introduced into the trachea must be long enough to pass the stenosis. This is not always the case, as compression may take place low down in the thorax. Our ordinary cannulas in such cases are not always long enough to reach the stenotic point, hence the necessity of always having longer cannulas provided for emergencies. Such have been devised by several authors especially Verneuil, König, Poncet, etc.

Air Embolism.—One of the greatest dangers connected with injury of the venous trunks in goiter operations is *air embolism*. In ordinary conditions the thinness of the walls of the veins and their natural tendency to collapse makes air embolism quite unlikely. However, in goiters complicated with strumitis or malignant degeneration, air embolism is very apt to occur, because the veins being adherent cannot collapse. The only time that I have met with such an accident was while removing a malignant goiter. Here the subclavian was adherent to the tumor and was inadvertently injured. Before I succeeded in locating the bleeding vessel and clamping it, enough air had been aspirated into the circulatory system so that death followed two days after without the patient having regained consciousness.

CHAPTER XLIII.

SYMPATHECTOMY.

THINKING that Graves' disease was due to a neurosis of the sympathetic system, Jaboulay sought to cure it by performing sympathectomy. The first operation was done by him on February 8, 1896. Jonnesco and Abadie at once adopted the same method of treatment and two years later, Jonnesco was able to report 10 cases of sympathectomy with 6 complete cures, 4 improvements, and no deaths. From that time on the operation was performed by a great number of surgeons until 1900 when it gradually fell into disrepute. In 1899 Garré performed a bilateral resection of the sympathetic nerve in a patient who had already undergone thyroidectomy. In this case the exophthalmos was so marked that ulceration of the cornea followed, the resection of the sympathetic remained without any effect. In 1902 Ballacescu and Jonnesco advocated a complete resection of the cervical sympathetic nerve including the superior, middle and inferior ganglia. In 1908 Kocher had intervened only three times on the cervical sympathetic with 1 success, 1 failure and 1 death. Landström combined in one case thyroidectomy with sympathectomy and obtained a complete cure. In England and America the same disregard for the operation is observed. Curtis performed it 7 times and gave it up as a dangerous operation because he had 3 deaths out of the 7 cases. In 1910 Jonnesco reported 30 operations for Basedow's disease without death. Twice he performed a resection of the superior and middle ganglia and 16 times a cervicothoracic sympathectomy, thus resecting entirely the cervical trunk including the superior, middle, and inferior ganglia. For the time being, only two surgeons, Jaboulay and Jonnesco, have remained true to that method of operation.

The most complete statistics we have on that subject are those given by A. Charlier; they refer to the material taken from the clinic of Jaboulay from 1896 to 1910. Jaboulay performed sympathectomy in 31 cases, 23 women and 8 men. In 1 case bilateral *elongation* only of the nerve was performed. In 9 cases the mere division of the nerve, namely, *sympatheticotomy* was performed, twice unilaterally and 7 times bilaterally. In the remaining 21 cases, resection, namely, partial *sympathectomy* including the resection of the superior ganglion was performed; 4 times the operation was unilateral and 17 times bilateral; twice only the removal of the middle ganglion was added to it. Four of these cases had already undergone thyroidectomy without results; 3 of these sym-

pathectomized cases had to undergo a subsequent thyroidectomy on account of failure of the sympathectomy to bring about relief. Out of the 31 cases of Jaboulay's 6 died, thus giving a death-rate of 19.35 per cent. One patient died from thymus hyperplasia. The immediate post-operative course, according to Charlier, was, as a rule, very benign—some fever, some dysphagia, were about all. There was often, however, a complication which seemed to threaten the life of the patient, namely, bronchopneumonia. Four out of the 6 cases of Jaboulay's statistics died on account of pulmonary complications. A very severe hyperthyroidism may follow the operation, as in Duret's experience.

Pathology.—The morphological nature of the sympathetic is exceedingly variable; it is consequently difficult to know what is pathological or what is not. In some instances the ganglia, as observed by Herbert, Eulenberg, Guttman, Reith, Moore, especially the superior, are materially increased in size, congested and red. Jaboulay noticed very frequently an increased vascularization of the whole sympathetic. The microscopic examination, made by various authors, of the sympathetic ganglia and cord taken on the whole does not reveal any microscopic changes. On the other hand, L. B. Wilson found definite histological changes in the cells of the cervical sympathetic ganglia in exophthalmic goiter. These histological changes consisted of various stages of degeneration, namely, (1) hyperchromatization, (2) hyperpigmentation, (3) chromatolysis, and (4) atrophy, or (5) granular degeneration of the nerve cells.

So far as could be determined from the small number of observations, the pathological changes in the cervical sympathetic ganglia were parallel to the stage and intensity of the symptoms of hyperthyroidism and to the hyperplastic and regressive changes in the thyroid.

The fact that the exophthalmos retrocedes so quickly has been interpreted as due to the vasoconstriction of the vessels of the orbit. This, however, cannot be the case because we know that section of the sympathetic causes a vasodilatation, as is shown by the congestion of the veins of the conjunctiva and the retina, caused by the vasodilatation of the retrobulbar vessels. Consequently, if the interpretation given were correct, instead of a diminished, we should have an increased exophthalmos.

Immediate Results of the Operation.—One of the most constant and most noticeable results is the diminution or disappearance of exophthalmos. This feature is sometimes noticeable on the operating table. It is very likely due to the paralysis of the unstriped musculature of the orbit, especially Landström's muscle. At the same time there is a marked diminution of the widening of the palpebral fissure due to the paralysis of Müller's muscle; the pupils become more contracted. An exaggerated secretion of the lachrymal glands lasting only a few

days is sometimes seen. Jaboulay has observed that a sympathectomy has a peculiar and remarkable influence on certain cases of near-sightedness. It causes a remarkable improvement of vision, the distant vision especially showing such benefit. Jaboulay believes that this is due to the fact that the eyes sink back into the orbital cavity and become smaller as the result of sympathectomy. He bases his contention upon the fact that the more one is near-sighted, the larger and more protruding are the eyes.

Everyone seems to agree that when sympathectomy is successful the subjective symptoms of the patient show a considerable improvement. He becomes more quiet, less impressionable, less agitated, tremor diminishes; tachycardia, however, is little influenced or not at all, and the same is true for the goiter.

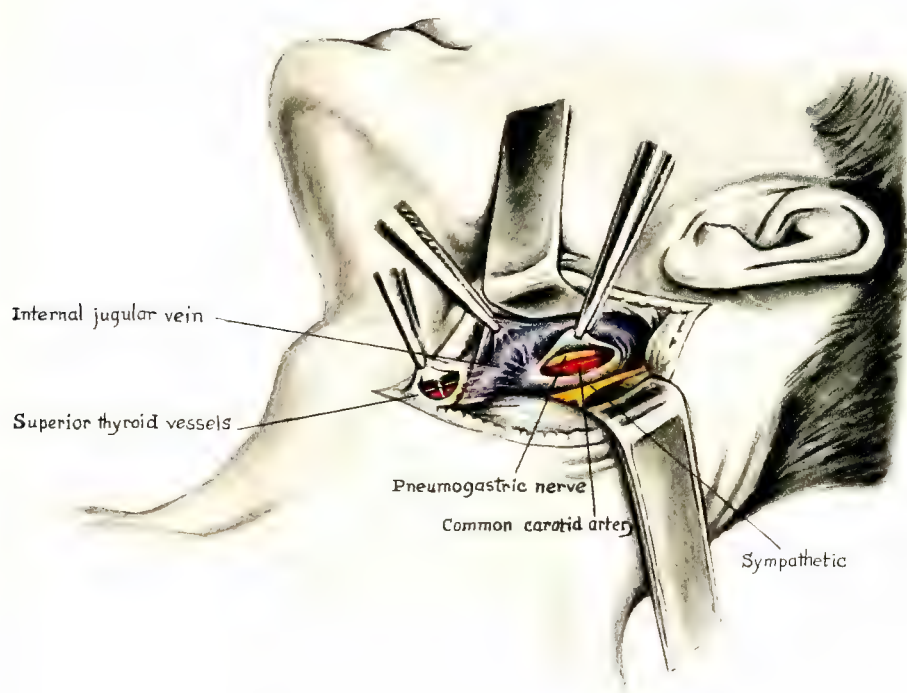
In conclusion it may be said that the results obtained from sympathectomy when present are very immediate. The ocular symptoms are the ones most happily influenced by the operation; the others such as nervousness, tachycardia, and goiter, are problematical.

Remote Results.—In going over the cases operated by Jaboulay as far back as twelve and fourteen years, A. Charlier was able to find that a number of his patients had been cured completely. He was able to retrace 18 out of the 31 cases operated by Jaboulay from four to fourteen years before. Three of them were completely cured, 9 of them were so ameliorated that the subjective cure was a complete one, the objective cure, however, being incomplete; the 6 remaining cases were doubtful. All these patients experienced considerable benefit to their nervous symptoms; in all exophthalmos had either disappeared or subsided; vision was improved and no trophic disturbances of any sort followed as the result of sympathectomy. The cardiac disturbances and goiter were the symptoms less influenced and the ones in which the improvement showed less.

The impression one gains in going over the literature on this subject is that failures and relapses seem to be quite frequent with this method.

Choice of Operation.—The results observed by Jaboulay seem to be more or less the same no matter whether sympathectomy, or sympatheticotomy, or simple elongation of the sympathetic has been done. This is a very important point to note since it follows that extensive operations upon the sympathetic, as for instance, complete removal of its cervical portion including the superior, middle and inferior ganglia, as advocated by Jonnesco, are not only most laborious, most difficult, and most prolonged operations, but would also appear to be unnecessary surgical risks. The simple unilateral partial sympathectomy gives sometimes about as good results as the bilateral, yet the maximum of effect is obtained solely by bilateral intervention. The age and sex of the patients seem to be of no particular importance since the results are

PLATE XXVI



Sympathectomy.

the same for young or old, for men or women. The operation upon the sympathetic is especially successful in cases of Basedow's disease where exophthalmos is very marked and where little or no goiter is present. Here, too, the sooner the operation is performed, the better the results will be.

Surgical Technic for Sympathectomy.—The preparatory treatment of the patient for operation is absolutely the same as for any other thyroid operation. When once it is admitted that an extensive operation involving the entire cervicothoracic trunk of the sympathetic does not give better results than simple partial resection, then this latter operation must be considered as the method of choice.

The location of the incision will depend upon the following conditions: if sympathectomy is going to be the only surgical act, and is not to be combined at the time of the operation or later with thyroidectomy, then the incision is better made parallel to the anterior border of the sternocleidomastoid muscle, the middle of the incision being located at about the level of the upper border of the thyroid cartilage. (Plate XXVI.) If, however, sympathectomy must be combined either at the time of the operation with thyroidectomy or thymectomy, then the incision had better be the usual transverse or low-collar one, adopted for thyroidectomy. Through the latter incision it is possible, not only to remove the thyroid and the thymus, but also to ligate the inferior thyroid artery and to remove the sympathetic which lies, as a rule, just behind the inferior thyroid. If the lateral incision is made, ligation of the upper pole (Plate XXVI) can be made at the same time as shown by Mayo.

The sternocleidomastoid muscle is reclined laterally. The same is done with the carotid sheath after, however, having located the vagus nerve. The thyroid gland and the thyroid cartilage are reclined inwardly. (Plate XXVI.)

When trying to locate the sympathetic it is well to remember that it lies just behind the carotid sheath on the prevertebral fascia covering the rectus capitis anticus major and the longus colli muscles about one-half centimeter inwardly of the transverse processus of the cervical vertebræ. Chassaignac's tubercle, or transverse process of the sixth cervical vertebra, is a good landmark when locating the sympathetic and its middle ganglion in the region of the inferior thyroid. The carotid sheath does not fuse intimately with the cellular atmosphere surrounding the sympathetic, hence the possibility of reclining the carotid sheath laterally, thus leaving the sympathetic exposed and in intimate contact with the prevertebral fascia. It sometimes happens that the sympathetic trunk is not found. In that case it is well to release the carotid sheath from the retractor, as it sometimes happens that in reclining the vascular sheath the sympathetic follows. This is not frequent,

however. The operation is sometimes made more difficult by the presence of hyperplastic lymph nodes more or less adherent to the carotid sheath; in that case the lymph nodes must be removed before access can be had to the sympathetic.

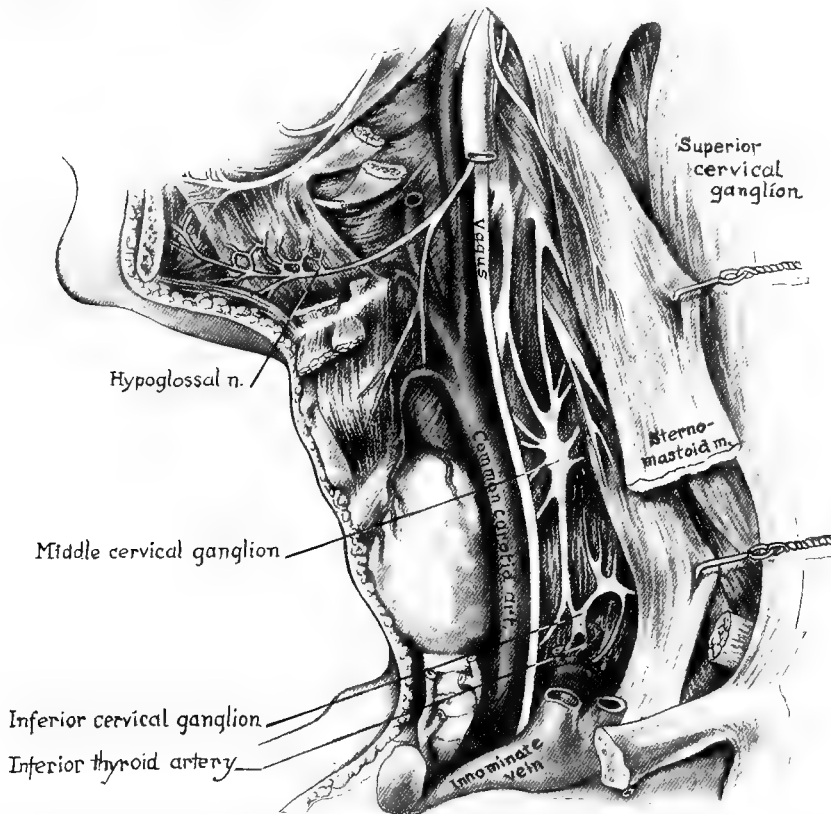


FIG. 83.—Relation of the sympathetic to the surrounding structures. Note the inferior thyroid artery passing between some of the sympathetic fillets. Note, too, the position of the middle cervical ganglion.

As a rule the sympathetic lies directly behind and slightly inward from the vagus nerve (Fig. 83). It must be, as already said, an *absolute rule never to resect* the sympathetic without first having exposed, or at least located, the vagus nerve. When once located, the sympathetic is followed as far up and down as possible, and then resected. If the superior and middle ganglion, or one of them only, can be resected at the same time, that should be done.

The removal of the inferior sympathetic ganglion is a delicate operation, inasmuch as it lies in the upper part of the mediastinal space, is of very difficult access, and is surrounded by a number of very important organs.

CHAPTER XLIV.

CANTHORRAPHY.

IN some patients despite thyroidectomy and sympathectomy, exophthalmos remains unaffected and becomes a source of trouble and great annoyance to the patient. Such patients are sometimes greatly benefited by a *canthorraphy*. This consists in scalping the edge of both lids from a quarter to a third of an inch at the outer canthus and sewing the denuded marginal portions of the lids.

CHAPTER XLV.

BOILING-WATER INJECTIONS.

BOILING-WATER injections into the thyroid gland for hyperthyroidism have been devised lately by M. F. Porter. This method is based upon the old principle which is at the base of any injection method, namely, to destroy a portion of the parenchyma. We have seen in the chapter devoted to injection methods for simple goiter, that almost any medicament has been used. M. F. Porter uses boiling water, which is less irritative and just as effective as any other means for bringing about degeneration of the parenchyma and the formation of connective tissue instead. It has the same advantages and disadvantages of all the injection methods. It is of simple application and reduces the surgical shock to a minimum, yet Babcock had 1 death from acute hyperthyroidism, and Mayo, 2 deaths. The method is not devoid of danger because injection may be made erroneously intravenous. As sloughing and subsequent infection have occasionally been the results of injection methods, it is reasonable to assume that this may be the same for the boiling-water method, although accidents have not yet happened in Porter's experience. It is difficult to judge how much parenchyma is being destroyed, and the method has furthermore the disadvantage of converting the thyroid into a more or less great mass of connective tissue, thus exposing the patient later on to respiratory disturbances on account of compression of the trachea. I can recall a case of parenchymatous goiter which had been treated by medicamentous injections, and in which just such a complication occurred. The patient finally had to be operated in order to relieve the pressure symptoms.

The method, however, has its clear indications and may be of great

value in preparing for subsequent operations, patients who, for the time being, are too bad surgical risks. Personally, however, I have never used it. In Porter's and Babcock's judgments, this simple operation can very well be compared to ligation so far as its efficacy is concerned. The technic of the operation as given by Porter is as follows.

Technic.—"An all-glass syringe of 10 c.c. to 20 c.c. capacity is best. The greater the capacity of the syringe the longer the heat of the water is retained. The needle should be long, flexible, and rather fine. The syringe is boiled with the water over a gas or alcohol flame by the side of the table or bed on which the patient is lying. After proper cleansing the areas to be injected are infiltrated with 1 per cent. novocain. The filled syringe is removed from the water, which is actually boiling, and the injection quickly made. From 5 to 20 c.c. are injected, according to the size of the lobe. By partially withdrawing the needle and reinserting it, contiguous areas may be injected through one puncture. Dr. Babcock has made injections in his office, but thinks, as I do, that this is not to be commended. I prefer to have the patients remain quiet for one-half or one hour after the injection is made. The needle punctures are covered with gauze wrung out of alcohol for a couple of hours. Sloughing has never occurred, and the small eschars on the skin produced by the needle are not permanent. The needle should penetrate the skin as nearly as possible at right angles in order to reduce the burning to a minimum. I have been in the habit of handling the syringe with the aid of forceps and gauze, but in the future I shall use Babcock's method which is better. He wears three pairs of gloves: first, a pair of rubber gloves covered with thick cotton gloves, and over all a pair of rubber gloves. Most patients complain immediately after the injection of a feeling of fulness in the goiter and some pain in the occiput, but the discomfort is really trifling. The injections are to be repeated until the desired effect is attained. If one is using the treatment preparatory to thyroidectomy then it is well to repeat the injections every two or three days, that is, if more than one is necessary; but if one has decided to try to effect a cure by this means, it will be better to wait a week to ten days before repeating the injections, as indicated above. While the improvement is usually marked within the first forty-eight hours, it does not reach the maximum for ten days to two weeks. It is better, especially in the large goiters, to inject two, three or more areas at one séance than to make the injections at intervals. Indeed, I may say that the tendency is, as experience grows, to make large and multiple injections at a single séance, rather than to make smaller and single injections and to repeat the séances. In some cases with small, ill-defined glands, it is better to make an injection through a small incision in the midline, done under local anesthesia, which will enable the operator to do the work under the guidance of the eye."

CHAPTER XLVI.

PREOPERATIVE TREATMENT OF THE PATIENT.

WHEN the patient is once in the hospital he is to be kept in bed and given rest. Unless there should be vital indication to do otherwise, not only is it an error, but it is *criminal* to operate a goiter patient without a treatment preparatory to operation. This preliminary treatment may last only a few days, or several weeks, just as the case may be.

The room must be well ventilated, the surroundings must be quiet and pleasant, everything must be done to gain the confidence of the patient and his coöperation. He must be induced to "make himself at home." Two or three hours a day he will be allowed to sit up in order to break the monotony of the rest cure. A few congenial visitors may be admitted.

Upon entering the hospital, if the bowels have not been regular, a mild laxative can be given. Subsequently cathartics must be given only if absolutely necessary. The traditional "cleaning of the bowels" the day before operation must be discarded.

Ten to fifteen drops of Digalen Cloetta and 10 to 15 drops of tincture of strophanthus are given daily. In the majority of cases they have a remarkable toni-cardiac effect. If not well tolerated they should be discarded. If bromides, veronal, trional, baldrian are deemed necessary, they must be given.

The last two days before operation the patient, especially if thyrotoxic, is given 150 grams of glucose and 5 to 10 grams of bicarbonate of soda as a preventative of postoperative acidosis. (See chapter on Acidosis.)

The patient must be kept in absolute ignorance of the day and time when the operation is to take place. When he asks, "Doctor, when am I going to be operated upon?" he must be told jokingly, "That's none of your business." He is then told why.

Menstruation is a contra-indication to operation, as the nervous system of these patients, especially the thyrotoxic ones, is often very much disturbed during the menstrual cycle. It is better to wait until that process is over.

In thyrotoxic patients no surgical preparation of the field of operation is made until the patient is on the operating table. In simple, non-complicated goiters, three or four hours prior to operation, the field of operation may be washed with soap and water, cleansed with ether and

alcohol and then protected with an aseptic dressing. This, however, is not necessary. Of late I do not resort any more to the preliminary surgical preparation. I found that simple preparation with iodine on the operating table is just as satisfactory as when combined with preliminary washing with soap, water, ether and alcohol a few hours previously. The surplus of iodine is washed off with alcohol. When using iodine we must not forget that its disinfecting and penetrating power is far greater when used on *dry skin* than when used on a skin which has just been washed and cleansed. Hence the necessity of performing the preliminary washing with soap, water, alcohol and ether several hours before the operation, when one wants to resort to that method at all.

Forty-five minutes before operation the patient is given $\frac{3}{4}$ grain of pantopon and $\frac{1}{150}$ grain scopolamine. (See chapter on Pantopon.)

CHAPTER XLVII.

OPERATING ROOM TECHNIC.

ON the table the patient is put in the recumbent position with a hard, triangular pillow under his shoulders so as to overextend the head. The purpose of this is to make the neck as prominent as possible and to put the thorax in a dependent position. It is advisable, if the operating table permits, to elevate the upper part of the trunk slightly and to lower the foot so as to obtain an oblique elevated position. This lessens the venous congestion of the upper part of the body and produces a certain degree of cerebral anemia, thus facilitating anesthesia and reducing the amount of anesthetic used.

The field of operation is painted with iodine, and then washed with absolute alcohol. In thyrotoxic goiters, where one wants to avoid iodine intoxication, McDonald's solution answers the purpose very well. I have used it with entire satisfaction. Here is the author's formula:

Acetone (commercial)	.	.	.	40 parts
Denatured alcohol	.	.	.	60 "
Pyxol	.	.	.	2 "

The operative field is then isolated from surrounding parts with sterilized sheets. The Kocher screen for protecting the field of operation from the mouth is absolutely necessary; no one can be morally certain of his asepsis without it. The hands of the operator, assistant and nurses are washed with hot water and soap for two or three minutes, dried, then immersed in iodine and washed with alcohol. There should be no need to say that according to modern views on asepsis, no surgeon who is really anxious to be thoroughly aseptic will approach the operating table without having his arms protected up to the wrist with sterilized gowns, his hands fitted with sterilized gloves, and the mouth and head covered with some sterilized device. The same is true for his assistants and nurses.

Only now after the above preparation shall the anesthesia be started. Inasmuch as I consider the anesthetic one of the greatest dangers in goiter surgery, I aim to reduce that danger to a minimum. That is the reason why I give the anesthesia at the last moment only, and cease it before the operation is terminated. In the greatest number of cases the element of excitement and fear during the ten to fifteen minutes during which the surgical preparation is being made prior to the anesthetic is

negligible. That is, at least, my experience. If properly explained that it is done for his own benefit and safety, the patient readily consents to being anesthetized in the operating room. Moreover, the presence of the surgeon while the anesthetic is given is always a source of comfort to the patient, as usually he has implicit confidence in him, while he may not have the same amount in the anesthetist whom he does not know. As a general principle general anesthesia must be always light in goiter surgery. Since I adopted that mode of doing, after having tried everything else, my postoperative complications such as hyperthyroidism, acidosis, etc., and my death-rate have been reduced considerably. The more severe the thyrotoxic case is, the stronger, in my judgment, is the indication to reduce the period and amount of anesthesia to a minimum, or even to resort to local anesthesia.

Before the present great war broke out, I used systematically, as advocated by Crile, the subcutaneous infiltration with novocain. Since, however, novocain remained for a long time unavailable, I have been compelled to do without it. To my great satisfaction, I have not noticed any effect for the worse in the postoperative welfare of my patients. In fact, I do not see any difference. Consequently I have given up the use of novocain infiltration in conjunction with general anesthesia.

The suture material used is silk for ligation of the upper poles, and inferior thyroid arteries, and iodin catgut for ligatures and sutures. Silk is used on account of its non-resorbability.

CHAPTER XLVIII.

POSTOPERATIVE TREATMENT.

As soon as the patient is brought back from the operating room a proctoclysis, 20 to 25 drops a minute, is started. I use the following formula:

Sodium chloride	6.0
Calcium chloride	1.0
Potassium chloride	0.3
Bicarbonate of soda	100.0
Glucose	150.0
Alcohol	20.0
Aq. dest.	1000.0

This proctoclysis is kept up for one or two hours and then stopped. A few hours after it may be repeated again. It is an excellent means to combat thirst, and furthermore has the great advantage of increasing the blood-pressure.

Vomiting is present in a small percentage of cases, but is rarely so persistent as to require washing out of the stomach. Transient vomiting is rather an advantage since it clears not only the stomach, but also the tracheo-broncho-pulmonary apparatus. As soon as the patient wants it he may have cracked ice and water and just as often as he wants it, even if vomiting persists, since it will act as a stomach lavage. If, however, vomiting should remain too persistent fluids may then be withheld for a time.

If the cardiac action is very rapid, ice-bag on the heart may be very beneficial. If the cardiac action becomes weak, if the blood-pressure falls, strophanthus, digalen, adrenalin, are given hypodermically. If symptoms of shock appear, the usual treatment for such a condition is instituted. Blood transfusion may even become necessary.

If the patient is very restless, nervous, and suffers pain, then pantopon, codein, bromides, are used. If one fears hyperthyroidism or acidosis, then bicarbonate of soda, and glucose are resorted to, and the patient must be fed with fluid food as soon as possible, even the same day of the operation.

Twenty-four hours after, the drain, if any has been used, is removed. If, however, the blood is still fluid, it is better to leave the drain twenty-four hours longer.

Forty-eight hours after the operation a cathartic is used, such as castor oil, salts, or citrate of magnesia. As soon as the bowels are well open, the patient is given solid food.

The thread for intradermic suture is removed eight days after.

CHAPTER XLIX.

ANESTHESIA.

THE ideal means of anesthesia for human surgery has not yet been found. In canine surgery, however, we can say that a sufficient amount of morphin injected subcutaneously is the ideal means to put the dogs under complete anesthesia. A few minutes after the subcutaneous injection has been made, a reflex vomiting usually takes place; then the dog quietly goes to sleep, and about one-half to one hour after, when the dose has been sufficient, the dog is so completely anesthetized and insensibility lasts so long, that any major operation can be performed without the slightest indication of pain or struggle. Even hours after the operation has been terminated, the influence of the narcotic may still be active. Then gradually and slowly the dog emerges from his artificial sleep. Only exceptionally we shall find dogs which seem refractory to the influence of morphin. No ill effects remain afterward. The dose of morphin required, varies of course with the weight of the dog, and its nervous temperament, but with a little experience, one can easily tell the amount of morphin which should be used. As a rule one to two grains is all that is necessary. Even very much larger doses of the drug are not fatal to dogs. The experience of Dr. Bromley of the Veterinary Department of the Ohio State University at Columbus, Ohio, proves this. Wishing to kill a dog, he administered to it a subcutaneous dose of several grains of morphin. When he left, the dog looked as if dead. Great was his surprise on the following morning when he came back, to find the dog gay and brisk. That day a new method for anesthetizing canines was discovered. The advantages of this method are too obvious: no need of an anesthetist, no fear of these alarming and spectacular respiratory or cardiac collapses which still too often occur with other means of anesthesia. During the entire artificial sleep the animal breathes regularly, and superficially, while the pulse remains good and strong all the way through. It is a delight. But unfortunately this method so well suited to the canine species cannot be applied to human beings. To be sure, once in a while I have met with patients so sensitive to pantopon-scopolamin anesthesia that a moderately large dose was absolutely sufficient to put them under complete and perfect general anesthesia, allowing me, for instance, to perform from start to finish the complete removal of an intrathoracic goiter without necessitating the help of any other drug. All that I can

say about it is that I have never operated under better conditions than in these cases. Unfortunately in the great majority of cases this method is insufficient. The amount of narcotic required to produce insensibility is so near the borderline of the fatal dose that to use it would jeopardize the life of the patient. Let us hope in the meantime that we may some day find a means to anesthetize our patients in a similar way with a drug just as effective as morphin, pantopon, etc., but deprived of their disadvantages and dangers. The ideal would be to find a means to induce general anesthesia with a safe, harmless medicament injected hypodermically.

For the time being the two choice methods of anesthesia which we have at hand are: *local anesthesia* with novocain, and *general anesthesia* with chloroform, ether, and nitrous oxide. Which one of these methods should be given the preference in goiter surgery and especially in Basedow's disease? Should we use local anesthesia only or the general one? And if we decide to use general anesthesia, to what drug should we give the preference, to chloroform, ether, or to nitrous oxide? All these questions are by no means settled since the most prominent surgeons in this field are divided in their opinions.

Kocher, Riedel, Mikulicz, Berg, Ackermann and others are of the opinion that general anesthesia is dangerous on account of its liability to cause asphyxia, bronchitis, pneumonia, cardiac collapse, etc. Indeed, they say how often during general anesthesia do we not see alarming states closely resembling death: suddenly respiration and heart action stop, the face becomes pale, livid or cyanotic, pupils become dilated, and for a few seconds, sometimes a minute, despite artificial respiration, traction of the tongue, rhythmic pressure over the thorax, etc., the function of the pulmonary and cardiac mechanism remains suspended. To be sure, life comes back but it does it slowly, and the patient's condition remains precarious throughout the operation. There can be no doubt that postoperative deaths in many instances would have been avoided if such cardiopulmonary accidents had not occurred. In Basedow's disease the majority of postoperative accidents are attributed by these authors to general anesthesia. Riedel does not hesitate to charge general anesthesia with the majority of sudden deaths. Kocher attributes his low mortality to the use of local anesthesia. For these authors the superiority of local over general anesthesia is out of the question, not only so far as the mortality is concerned, but also so far as postoperative complications are concerned.

On the other hand, Mayo, Halstead, Curtis, Garré, Ochsner, Crile and others believe that a well-conducted and well-handled general anesthesia is less apt to be followed by severe consequences than a local anesthesia. In fact, during the latter form of anesthesia, the psychic

emotions and shock may be just as marked as with general anesthesia and their consequences just as disastrous. Certainly, real harm may be done to a patient by the mental strain and physical suffering while undergoing an operation without being unconscious. With local anesthesia the operation must be done very slowly, much time must be lost in encouraging the patient, hence a prolonged operation and increased chances for surgical shock; in addition during operation, on account of the movements for defense made by the patient in order to escape pain, there is an increased venous hemorrhage. Furthermore, the yells, cries, and sometimes the insults which the patient pours out on the surgeon who is endeavoring to do his best, are very trying to the nervous system of the operator. For these reasons it will be easily understood why many surgeons prefer the use of general anesthesia. There is therefore a matter of personal cohesion and there is certainly a great deal of truth in what Ochsner says, "The patient's confidence must be gained before the administration of local anesthesia, otherwise the patient will imagine he is suffering and this will be almost as much harm to him as actual pain. This is very largely a personal matter. Many surgeons have the full confidence of all their patients and for them it is not difficult to employ this method."

Before drawing our own conclusions let us study a little more fully the dangers connected with general anesthesia.

When the fumes of ether or chloroform are impure, or when they are inhaled too abruptly, especially if the patient is a very nervous subject, reflex accidents may occur which may prove very alarming, sometimes fatal. They may occur even with the first inhalations of the drug. They are due to an abnormally intense reflex starting in the naso-pharyngo-laryngeal mucous membrane, even before the fumes have reached the pulmonary alveoli. We know experimentally that irritation of the nasal and laryngeal mucous membrane may cause a more or less marked diminution of the number of respirations and cardiac beats; it may even produce respiratory or cardiac collapses. The centripetal routes taken by these reflexes are the branches of the trigeminus and vagus nerves. The cardiac collapse is due to a centripetal reflex from the vagus nerve which, we know, is a moderator of the cardiac apparatus. This inhibition, however, would be only a temporary one if the bulbar moderatory centers would not soon come into play and render the collapse permanent. The respiratory collapse is due to a centripetal reflex from the trigeminus, resulting finally in an inhibition of the respiratory centers.

When inhalation of the anesthetic takes place too rapidly there is at first an increased heart action which may reach 150 to 200 beats, then the heart action diminishes and finally a cardiac collapse of bulbar

origin may take place. When too much anesthetic is given paralysis of the respiratory centers takes place.

Besides these alarming symptoms there are others of less importance but nevertheless very annoying to the patient, such as coughing, increased amount of saliva due to centrifugal reflexes through the chorda tympani and the lingual nerves, etc. All these reflexes, of course, take place mostly during the early period of anesthesia, because at that time the reflex power of the nervous centers is increased; at a later period they become greatly diminished or suppressed.

General anesthesia with ether, chloroform, or nitrous oxide has other disadvantages. It is accompanied by a period of excitation which is very unpleasant for the patient and for the surgeon. Furthermore, it is followed either during or after the narcosis by vomiting.

To sum up, the dangers connected with general anesthesia are more than one; to a great extent they can be eliminated if certain rules are followed. In order to avoid respiratory and cardiac collapses, the anesthetic should be *very pure*: it should be given *with extreme care, slowly, allowing plenty of air to be inhaled with the anesthetic agent*. The excitability of the patient should be diminished by a preliminary dose of *morphin*, or better, *pantopon*, and *scopolamin*. Theoretically, a sufficient dose of *atropin* would be ideal, as this drug suppresses the physiological function of the cardiac moderatory apparatus, and consequently suppresses at the same time the risks of cardiac collapse. Unfortunately, this drug is too toxic and in order to be effective, the doses would have to be too large. But to return, a respiratory collapse can be avoided with a careful watching of the course of the anesthesia and the patient. If it does happen, artificial respiration made in time will remedy the accident.

The great advantage of general anesthesia, with volatile narcotics such as chloroform, ether, nitrous oxide, is that in case of necessity it can be stopped at will at any time. The patient himself is his best protection as he eliminates the poison with each respiration, whereas if the anesthetic drug is used hypodermically the drug injected cannot be withdrawn, the detoxication lasts a long time, and takes place only through the kidneys, intestines, etc.

From all that has been said, it follows that it is impossible to set down hard-and-rigid rules as to just what should be done in regard to anesthesia in goiter surgery. It would be ridiculous to proclaim *ex cathedra* that general anesthesia should be used, that local anesthesia should or should not be used, and *vice versa*. Here as well as in any other medical question there is a *just milieu*, a happy medium.

On the other hand, there is no question, for instance, that in patients with goiters of long standing and large size, with tracheal deformations,

spells of suffocation, chronic congestion of the entire respiratory apparatus, myocarditis, arrhythmia, marked dyspnea, *general anesthesia is contra-indicated*, as it would mean enormous risks for the patient. Consequently the surgeon and the patient should get together and consent, the one to perform the operation under increased difficulties, and the other to undergo the operation with a little more discomfort and pain. But fortunately the majority of patients with simple goiter are in good general health, their hearts are strong, their resistance as yet has not been impaired, and the goiter has not had time to do very much harm. Under such conditions it is really more satisfactory for everybody concerned to use general anesthesia rather than a local one.

In Basedow patients profoundly thyrotoxic with a functionally insufficient myocardium, kidneys, and liver, there is no doubt, too, that *general anesthesia must be regarded as a great danger*. *Local anesthesia is the method of choice*. It must be remembered that in such cases any surgical intervention, however small it may be, and no matter what form and nature of anesthesia, is dangerous; consequently, how to proceed is a matter of surgical tact, experience, sound judgment, and perhaps to a certain extent, of personal preference. I firmly believe, however, that a well-managed local anesthesia is better suited to these patients. In the other class of Basedow patients which are still safely surgical, a *well-conducted general anesthesia* carefully given and carefully watched, is the method to be chosen. In doubtful cases especially when local anesthesia cannot be employed on account of the extreme nervous condition of the patient, a *mixed anesthesia* can be used to great advantage in the following manner: a reasonable dose of pantopon-scopolamin is given one and one-half hours and repeated again one-half hour before operation; then the patient is brought into the operating room and prepared for operation. Only then general anesthesia is started, just enough to "slumber away" the patient. In the meantime the field is thoroughly infiltrated with 0.5 per cent. solution of novocain, a considerable quantity being used. The general anesthesia is stopped off and on; if necessary a few drops of ether are given. The patient is all the time half-awake but unconscious of pain. I think it is the safest way of handling these cases. Here, too, the great secret of success is to know how to proportion the surgical act to the condition of the patient. Too often, indeed, failures and misfortunes are charged to the anesthetic, when they recognize as the sole cause a lack of judgment and of experience on the part of the surgeon and an injudiciously performed operation, either because "the right thing has been done at the wrong time, or the wrong thing at the right time."

Chloroform, Ether, or Nitrous Oxide?—If we resort to general anesthesia, what drug shall we use?

It is now universally conceded that *chloroform* is a dangerous anesthetic agent. The statistics of Prof. C. Andrew, made in 1880 and based on 200,893 anesthetics, gives 1 death for 2723 anesthetics with chloroform. The record of Roger Williams, of Bartholomew's Hospital, London, gives 10 deaths out of 12,368 anesthetics with chloroform. Gurlt, out of 201,224 anesthetics found 88 cases of death. The average of these figures gives the round proportion of 1 death per 2000 anesthetics with chloroform. Very likely this average is low, as probably a great many accidents were never reported. Chloroform is toxic for the blood, as it destroys a certain number of red cells and diminishes the activity of the white cells. It is very toxic, too, for the kidneys and liver: a temporary nephritis and hepatitis not infrequently are the sequelæ of chloroform anesthesia; even a fulminating icterus in absolutely normal patients has been observed after chloroform anesthesia. Furthermore, it is profoundly toxic for the heart, and is an intense depressor of the blood-pressure. For all these reasons chloroform must be discarded in goiter surgery.

For the time being the most popular drug, not only for thyroid surgery, but for any kind of surgery, is *ether*. It is the one used by such prominent surgeons as Mayo and Ochsner in America, and in Europe by Garré, Berard, and by Kocher when obliged to, in fact, by the great majority of American and European surgeons. It is the one to which I give preference. It is superior to all others in safety and range of application, its record for mortality being about 1 to 10,000.

Nitrous oxide anesthesia is not practical enough to be safe. While in the hands of Crile it has so far given excellent results, its preparation and administration are so delicate that it has not entered into every-day use in surgery. We might even say, and I know that the same view is held by Crile, that unless very chemically pure and carefully administered by an expert anesthetist, this means of anesthesia is a dangerous one. "Enthusiastic writers," says Freeman Allen (*loc. cit.*), "cite the statistics of Teter, of Cleveland, and the tabulations of Crile" (*Surgery, Gynecology and Obstetrics*, 1911, xiii, 170): 17,714 administrations by Teter of nitrous oxide without death show:

12,886	administrations	lasted	less than	5 minutes
3,365	"	"	"	5 to 15 "
865	"	"	"	15 to 30 "
346	"	"	"	30 to 60 "
228	"	"	"	1 to 2 hours
22	"	"	"	2 to 3 "
2	"	"	"	3 to 4 "

17,714

It is therefore evident that the majority of these administrations were for dentistry or other minor surgical procedures requiring brief inhalations, and not for major surgery. According to Freeman Allen, Thomas L. Bennet, of New York, is still of the opinion that (*loc. cit.*) "while he had no deaths, *alarming states* have several times appeared with such rapidity and so little warning that it seems probable that the general adoption of this form of anesthesia would lead to a mortality more nearly approximating if not exceeding that of chloroform and ether."

Freeman Allen has, too, met with alarming states similar to those mentioned by Bennet (*loc. cit.*). "They occurred suddenly without any warning. The patient suddenly becomes livid, respiration fails, the pupils dilate, corneal reflexes become faint or absent." In the light of the above, Allen concludes "that gas and oxygen anesthesia is *not* the safest anesthetic method in major surgery and it would seem desirable that exploiters of this method in citing statistics designed to show its safety should carefully separate the brief administrations required for dentistry and other minor surgery from the prolonged administrations for major surgery; otherwise no correct estimation as to its safety in the latter can be obtained."

Undoubtedly, nitrous oxide has given entire satisfaction to Crile so far. Nevertheless, so far the number of anesthetics for major surgery is not large enough to warrant definite judgment of the method. "The shortcomings of nitrous oxide anesthesia," says Crile (*loc. cit.*), are: "It is the most difficult anesthetic to administer; its effects are fleeting; there is an imperfect relaxation of the abdominal muscles; it is more expensive than ether, and there is more venous congestion. The anesthetist must be an individual of the keenest perception of the precise condition of the patient at every moment, *i. e.*, the anesthetist must be a delicate human recording apparatus."

Charles K. Teter (*Jour. Am. Med. Assn.*, Nov. 23, 1912, lix) says: "That nitrous oxide is contra-indicated in children under five years of age, in old people in whom arteriosclerosis is present. Nitrous oxide as an anesthetic is not ideal for major surgery in patients possessing a strong, vigorous constitution, or extremely nervous temperaments, or in those addicted to drug habits or the excessive use of tobacco. In other words, any patient who requires a large amount of general anesthesia is not a good gas-oxygen subject for control, owing to the lighter form of anesthesia induced by nitrous oxide. The ideal patients for nitrous oxide and oxygen anesthesia are the very ill, the anemic, the debilitated, those possessing a low vitality from any cause, in short, all cases except those requiring a powerful anesthetic agent."

In the light of the above we can conclude that nitrous oxide anesthesia is not yet a practical method. We can even say that except in

the hands of a very few as Crile, Bloodgood, for instance, the method is dangerous. It is impossible for me to overlook the fact that in the practice of one of my colleagues, 3 cases of sudden death occurred under nitrous oxide anesthesia; yet the anesthetic was given by an expert anesthetist and for simple operations as appendicitis, hernia, etc. If we stop to think that these deaths occurred in a series of about 150 anesthetics with nitrous oxide, we find the percentage of death to be about 2 per cent. Of course I am ready to admit that this might be only a coincidence. I am not trying in any way to discredit the method, but I am trying to remain objective.

LOCAL ANESTHESIA.

Cocain is still the most powerful among the local anesthetics, but its toxicity forbids its being used too freely. The drug of choice for local anesthesia for the time being is *novocain*. It possesses a far more superior anesthetizing power than stovain, tropocain, and about an equal power with cocain. On the other hand, novocain is twice less toxic than cocain. The injection of 0.5 per cent. solution hypodermically is slightly painful if novocain is dissolved in simple water, but becomes absolutely painless if dissolved in normal salt solution. Anesthesia with novocain is complete eight to ten minutes after the injection has been made and is nearly always perfect in the injected area. It lasts about half an hour. The period of anesthesia may be prolonged by adding adrenalin to the novocain solution. The following formula is the one which gives the best results:

Salt solution	100.0 gms.
Novocain	0.5 "
Adrenalin 1:1000	25 drops.

If a 2-c.c. syringe is used for injection, each syringe contains 0.01 gm. of novocain and one-half drop of solution of adrenalin 1:1000. This mixture of novocain-adrenalin possesses a powerful anesthetizing capacity which is about equal to that of cocain; its effects last about an hour. It is absolutely painless and while novocain alone has no effect upon the bloodvessels, the mixture, novocain-adrenalin, causes a pronounced vasoconstriction lasting several hours. The adjunction of adrenalin does not increase the toxicity of the drug, consequently large doses of the solution can be used in the same patient. Chaput, using it for the removal of a cancer of the breast, went so far as to use 140 c.c. of 0.5 per cent. solution. No ill effects were observed.

It must be always remembered that the mixture novocain-adrenalin, does not keep very long. *It must be freshly prepared each time before using it.* Inasmuch as a solution of novocain, just as that of adrenalin,

kept separately keeps perfectly for a long time, it is better to have both at hand always separately prepared and to mix them only just before the operation. The novocain solution can be sterilized at the autoclave without injuring its anesthetizing properties. So far as adrenalin is concerned, we have the choice between the *adrenalin* itself, which is extracted from the suprarenal bodies, and the one synthetically obtained and called *suprarenin*. Theoretically, suprarenin offers greater advantages than adrenalin. Being synthetically prepared, it is always identical with itself, consequently its properties are constant. Furthermore, it can be sterilized with impunity at the autoclave, whereas adrenalin is readily oxidized and when sterilized loses a great part of its properties. The oxidation and consequently the deterioration of the solution are recognized by the fact that the solution becomes pink, then red and finally brown in color. *Adrenalin chloride*, however, which is an additional product formed by the action of dilute hydrochloric acid upon adrenalin seems to be a quite stable product. When in ampoules, according to Rowe, it may be heated to the temperature of boiling water, and can be sterilized several times in succession without loss of activity. When exposed to the air, it may be sterilized twice without loss of activity.

There are on the market small tablets of novocain and adrenalin already mixed in the desired proportions. These tablets, of course, are of the greatest convenience, but according to Piquand, they are far from having the same anesthetizing power that is possessed by a mixture prepared on the spot just before the operation.

Local anesthesia should never be employed unless the patient is lying down. If the injection is made in the sitting posture, collapse is liable to take place. This is not at all to be wondered at when we know that the injected solution of novocain-adrenalin does not exert its action locally only, but that to a certain extent, its influence extends to the entire organism. As adrenalin is one of the most powerful vasoconstrictive drugs, vasoconstriction takes place in the brain, producing cerebral anemia, and hence collapse. If the patient is in the dorsal decubitus, the chances for collapse are less marked since the lying posture favors congestion of the brain. Before using local anesthesia it is prudent whenever it is possible to give a dose of pantopon and scopolamin half an hour before. Scopolamin, being a vasodilatator, is especially indicated in local anesthesia, as it more or less counter-balances the general effects of adrenalin.

Technic of Local Anesthesia.—Although apparently simple, this technic requires skill and experience. When once the course of the future incision is decided upon, one of its ends, the nearest to the surgeon, is seized between the thumb and index finger of the left hand so as

to form a thin, cutaneous fold which is then lifted. The fine needle of a syringe loaded with 0.5 per cent. solution of novocain-adrenalin is inserted *into the derm* of the skin and *not in the subcutaneous tissue*. A small quantity of the anesthetic is then forced into it. At once it forms a white bleb 1 cm. in diameter, which is the best proof that the injection is really intradermic. The needle is then pushed forward and while pushing, a continuous pressure upon the piston of the syringe forces continuously some of the anesthetic solution into the tissues, thus rendering the injection painless.

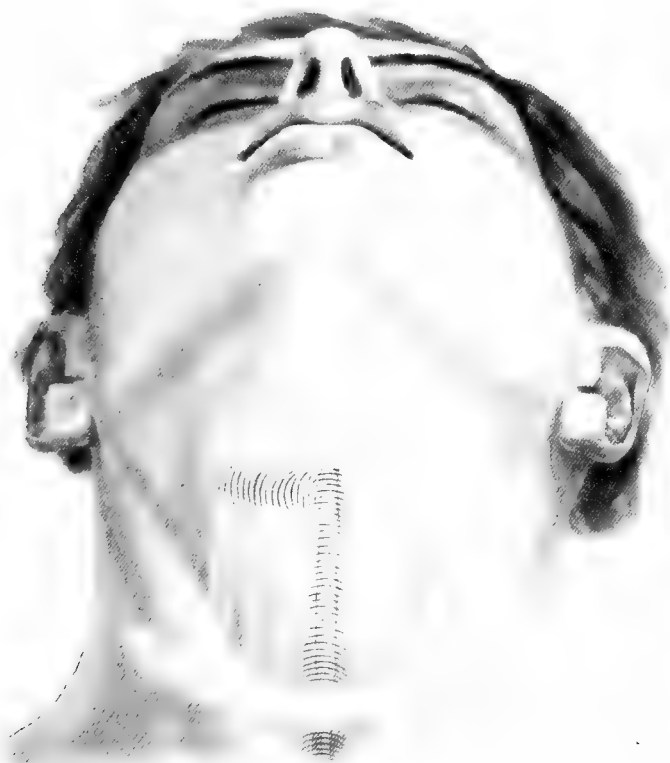


FIG. 84.—Local anesthesia. The picture shows a row of intradermic blebs along the line of future low-collar incision. The picture shows, furthermore, where the injection will have to be made in the prethyroid muscles after the two skin flaps have been retracted before undertaking their division.

A well-managed local anesthesia should cause only at one time a little pain, and that is when the needle goes through the skin for the first time. Then the patient should be warned that he is going to feel a

pricking pain. In the subsequent injections, as the needle goes through the anesthetized area, no pain should be felt. These intradermic injections



FIG. 85.—Local anesthesia. Local anesthetic is injected into the whole field of operation in order to render anesthesia as perfect as possible.

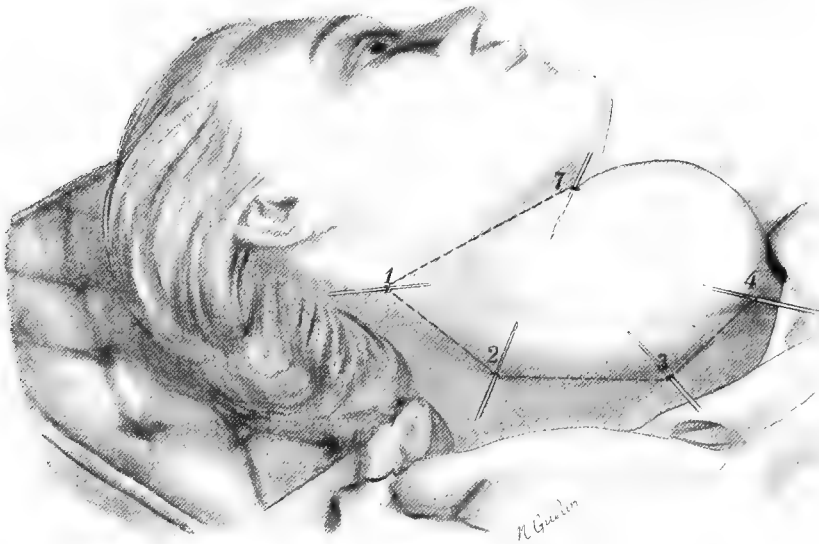


FIG. 86. 3 and 5 are made not only subcutaneously but also deeply behind the sternocleidomastoid muscle so as to reach the bulk of the superficial cervical plexus.

tions are repeated until the entire line of the future incision forms a continuous row of blebs from one to two centimeters in width (Fig. 84).

When once the site of the future incision has been thoroughly anesthetized, subcutaneous injections of novocain-adrenalin are made along the same course. Then the anesthetizing solution is forced into the entire subcutaneous region above and below the incision, not only where the upper and lower flap will be dissected but also in the entire region neighboring on the field of operation (Figs. 85 and 86), as the sternocleidomastoid region, the thyroid cartilage region, etc. The more perfect the infiltration of the cervical region with the anesthetizing solution, the less will be felt the pain during operative manipulations.

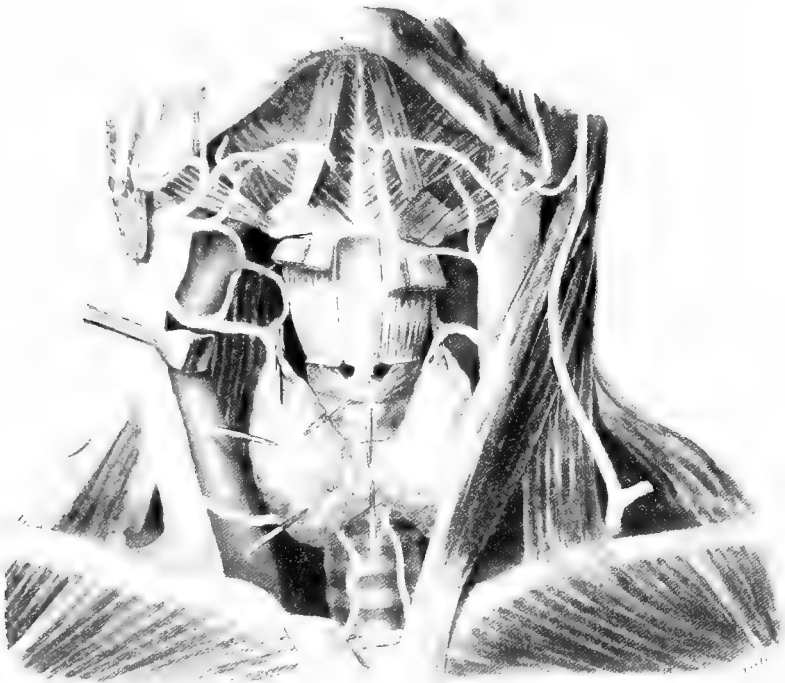


FIG. 87. Local anesthesia. Showing how and where to inject the local anesthetic in order to fully anesthetize the deep tissues.

Eight or ten minutes should elapse before cutting is done. Only then the incision and the preparation of the upper and lower flaps can be made without pain.

The upper and lower flaps being retracted, the cervical fascia and its underlying muscles are then infiltrated with novocain-adrenalin solution, especially at the point where the incision will take place (Fig. 84). As the thyroid is not sensitive it will not be necessary to inject any anesthetic into it. The two regions where some pain is felt are the upper and lower poles. They are consequently thoroughly anesthetized with the mixture. Before luxating the goiter, as this part of

the operation is very painful, it is well to inject some novocain-adrenalin solution into the surgical capsule. The same must be done, too, around the trachea and esophagus, and on the posterior surface of the thyroid (Fig. 87), bearing, however, in mind the danger zone. When dealing with the isthmus, novocain-adrenalin solution must be injected above and below the isthmus and between the latter organ and the trachea (Fig 87).

If one follows carefully the three following rules, local anesthesia will give in a great many instances very satisfactory results.

1. One should wait eight to ten minutes after infiltration is completed before beginning the operation.

2. The surgeon should always keep within the limits traced by the injection. As soon as he steps outside of these limits pain is sure to follow.

3. Operation should be done carefully, methodically, with gentleness. Roughness does not agree with local anesthesia. In this respect the assistants with their retractors, if not intelligently controlled, can do a great deal of harm.

Intratracheal Insufflation Anesthesia in Thyroid Surgery seemed at first to be full of promise. I have, however, found it disappointing. Just in the cases where it was expected to be the most useful, namely, in goiters with pressure symptoms it failed to fulfil its expectations.

1. As is known, before the intratracheal insufflation can be used the patient must be put to sleep in the usual way. It is only when the patient is anesthetized that the catheter is passed into the trachea. Now then, in goiter causing pressure symptoms, suffocation, as a rule, occurs with the first inhalations of ether, so that one has no time to resort to the intratracheal insufflation method; the operation must be very quickly done in order to relieve pressure upon the trachea, or tracheotomy must be performed *a tout prix*—at all costs—otherwise the patient will be dead; consequently the object of intratracheal insufflation is defeated.

2. Since in order to pass the catheter into the trachea the head must be excessively extended, if the pressure symptoms are already marked, suffocation is bound to be made much worse by the hyperextension of the head, hence the necessity to pass quickly the catheter into the larynx. This is not always easy. I confess that in some of these distressing moments I have failed. Mucus is so abundant and congestion is so marked that the process is not an easy matter by any means. Add to it all that the time you have at your disposal is so short that you are confronted with the dilemma: either to pass the tube or to let the patient die. Each second lost in the attempt means that much less time left to reach the windpipe by the cervical route through an incision, if the catheter cannot be passed into the trachea. Knowing that after thyroidectomy a thymic dyspnea is liable

to occur most unexpectedly, I always have the intratracheal insufflation apparatus in the room of the patient ready for an emergency. In 3 cases where I had such accidents I failed to pass the tube into the trachea.

3. If the trachea is displaced and compressed, the catheter often cannot be made to pass the point of compression.

4. Robinson collected 1400 cases of intratracheal anesthetics with 7 deaths, 1 from lung rupture and 1 from emphysema.

Pantopon-scopolamin.—Nowadays anesthesia, be it general or local, is obtained through a *mixed narcosis*: a preliminary dose of an hypnotic of some sort is given hypodermically before; and the effect of this adds to that of the subsequent drug used for general anesthesia. Up to now morphin has had the priority; lately, however, *pantopon* seems to take its place very advantageously.

Pantopon is superior to morphin for many reasons. It contains the totality of the useful alkaloids of opium soluble in water, and it can be injected hypodermically just as well as morphin. No doubt morphin possesses the analgesic and hypnotic properties of opium; but opium owing to the presence of its various alkaloids possesses other secondary actions which morphin has not. For instance, it has a sedative action over the nervous system, a tonic influence over the cardiac system, and an antinauseous effect which morphin certainly has not. Pantopon may be regarded as a purified opium. All the harmful alkaloids have been eliminated, and the useful retained. Roughly speaking, pantopon contains 50 per cent. of morphin, 20 per cent. of narcotin, 2 per cent. of codein and papaverin, and 1 per cent. of thebain and narcein. This drug has been advocated by Sahli, of Berne, in collaboration with Schärger.

In equivalent doses, morphin may be slightly more analgesic and probably has a more rapid action, but the digestive tolerance of pantopon is far superior. Vomiting after the use of pantopon is less frequent than after the use of morphin. The tonic influence over the cardiac system is manifest with pantopon. The paralytic influence of morphin is well-known; according to Wertheimer, Löwy, and Bergien, the paralytic influence of pantopon on the respiratory centers is far less accentuated.

After pantopon has been given hypodermically, in association with scopolamin, the patient falls into a dozing sleep—the “*Dämmer Schlaf*” of the Germans. The active movements cease; the sensation of pain is diminished to a great extent; consciousness although still present is considerably reduced; the patient sleeps, but may be awakened by call, light, or sound. In some instances the patient is so thoroughly anesthetized that a complete operation may be performed without his knowledge. Naturally, such results vary with the doses employed and the individual’s sensibility. I have seen, although not frequently, patients who did not respond to the action of pantopon and to whom morphin

had to be given instead. They were nervous, mostly thyrotoxic patients, in whom the cerebrospinal system was greatly excited. However, this lack of response happens with morphin, too. As a rule women react more readily than men, consequently smaller doses of pantopon may be given to them. Pantopon may be given to children as well, without any danger.

To sum up, pantopon-scopolamin in surgical work seems to have great superiority over the morphin-scopolamin combination. It diminishes the vomiting to a great extent during and after the operation. It reduces materially the quantity of the drug used to induce general anesthesia and diminishes the preanesthetic excitation period. It has not the same constipating effect on the intestines as morphin. The average dose is from 2 to 4 cgms. of pantopon and from 0.0003 to 0.0005 cgm. of scopolamin. As a general rule we can say that the dose of pantopon which must be employed is about double the one of morphin; consequently in cases where 1 cgm. of morphin would be given, 2 cgms. of pantopon will be necessary to obtain the corresponding effect.

One must be careful in the handling of scopolamin. It is best to have the solution freshly prepared each time before using. Pantopon and scopolamin may be given simultaneously or separately. However, the majority of authors claim that it is better to give them separately and at intervals of one-half hour.

In goiter surgery pantopon-scopolamin is used to the best advantage in the following manner: 1 grain of pantopon and $1\frac{1}{50}$ grain of scopolamin are given one-half hour before operation. If a patient shows an idiosyncrasy to the drug, the operation must be postponed a day or two in order to permit elimination. I have been using pantopon-scopolamin for five years now and have not met with such a necessity.

No medicament is ideal and the pantopon-scopolamin combination has its weak points, too. As said before, in alcoholic and Basedow patients, instead of producing a sedative effect on the nervous system it may, on the contrary, cause an excitement of it; this is rare, however, and also happens with morphin. After the use of pantopon-scopolamin the patient often complains of dry mouth and thirst. This sensation is not due to pantopon but to the scopolamin, since we know that the latter drug influences the terminal ends of the secretory nerves. This action is purposely counted upon in giving ether anesthetic, as it prevents the troublesome formation of mucus in the bronchotracheal tract. The really greatest danger of pantopon-scopolamin is its liability of causing a paralysis of the respiratory centers. As said before, this liability is less marked for pantopon than for morphin. Large doses should not be used in weak people, in old patients, and in those with disturbances of the respiratory apparatus.

CHAPTER L.

POSTOPERATIVE COMPLICATIONS.

Shock.—The phenomenon known as shock was a condition recognized as early as 1568 by Clowes, and by Weismann in 1719, who spoke of it as a condition probably caused by the presence of a foreign body in the wound or blood. The word “shock” was first used clinically in the eighteenth century and was meant to express the notion of grave organic disturbances unaccompanied by demonstrable organic changes. It is difficult, not to say impossible, to give a clear, concise and correct definition of shock. The word does not represent a definite symptom, but a symptom-complex dependent upon more than one causative factor. The best definition of shock which I know of is the one given by the elder Gross when he said, “Shock is the rude unhinging of the entire machinery of life.” Clinically, we call shock a condition characterized by a low blood-pressure, a soft, rapid, and thready pulse, a marked pallor of the mucous membrane and integuments, a rapid and superficial, and often irregular respiration, air hunger, subnormal temperature, cold and moist extremities and finally a more or less marked degree of stupor, with diminished or suppressed sensibility to painful stimuli; sometimes there is mental anxiety without outcry. It is an error to make a difference between shock and collapse: they are the same thing.

In the last few decades explanations and theories have succeeded one after the other, each one trying to locate the “unhinging” at the door of some organ or function, but everyone of these theories has failed to solve the problem. The most important theories regarding shock are:

1. Vasomotor exhaustion and paralysis.
2. Cardiac spasm and eventual failure.
3. Inhibition of the function of all the organs.
4. Deficiency of carbon dioxide in the blood or acapnia.
5. Morphological changes in the ganglion cells.
6. Loss of vasomotor control due to inhibition from afferent sensory influences.
7. Primary suprarenal exhaustion.

1. **Vasomotor Exhaustion and Paralysis.**—Nearly half a century ago Keen, Mitchell, Moorehouse and Fischer advanced the theory of vasomotor exhaustion with flooding of the splanchnic veins and contraction of the peripheral vascular system. This theory was, for a time, rejuvenated by Crile. He argued, “that the essential phenomenon of shock

was low blood-pressure, that since there was no demonstrable lesion in fatal cases and no later effects in those who recover, we must assume exhaustion rather than structural lesions to be the cause of this fall." This exhaustion is not located in the heart. The accelerated heart action must be taken as evidence of the effort of the regulating centers to recover the lost blood-pressure. The splendid action of the heart under these conditions after infusion of the salt solution proves it to be well capable of further action. This exhaustion is located neither in the cardio-inhibitory nor in the cardio-acceleratory centers, as shock may occur even when the cardiac nerve supply, namely, the vagi and sympathetic branches have been severed. The peripheral nerve vascular mechanism cannot be incriminated, as it responds to stimulants always. Finally, the vasomotor centers are not exhausted either because these centers respond to electric stimulation even when the organism is in a state of profound shock. Porter and Quimby showed that the central end of the sciatic nerve can be stimulated for hours without causing any fall of pressure. On purely empirical grounds Malcolm, of England, claimed that the vasomotor centers not only were not exhausted, but were overactive throughout shock, and that the peripheral vascular system instead of being relaxed was contracted. He based his conclusions on the fact that in shock the surface of the body is cold, the skin pale, the pulse small, the mucous membrane blanched, and the bleeding from the wound surface scant. Sheen very judiciously remarked that in shock an unduly large proportion of blood was in the abdomen. According to Janeway and Ewing, it is "as though the branches of the mesenteric arteries emptied into a large reservoir with perfectly flaccid walls, into which they bled to death. The aptness of the comparison of the splanchnic area to a flaccid rubber bag is made more apparent by pressure on the abdomen: the blood-pressure can be raised at will by this procedure." This will explain why the peripheral vessels are small. Henderson claimed that "in shock the vasomotor center does its full duty almost to the last; the fall in blood-pressure is due to the diminution of the volume by transudation of its fluid constituents out of the vessels into the tissues. In his experiments on dogs, he noticed that they died of "respiratory failure long before pressure had become very low." This, I have experienced clinically, too, in one of my patients who died in a state of profound shock after thyroidectomy performed under local anesthesia. In that case respiration had stopped a long time before cardiac action had ceased. Seelig and Lyon very elegantly demonstrated that in normal animals stimulation of the central end of the vagus nerve when divided causes a rise in blood-pressure and that this rise occurs even when the animals are in the most profound degree of shock, thus showing that the vasomotor centers are still capable of

activity. We must consequently admit that low blood-pressure is an important accompanying symptom of shock, but that it is not the primary cause of it.

2. **Cardiac Spasm and Eventual Failure.**—Boise attempted to prove that, on account of peripheral trauma, the heart is overstimulated and thrown into spasm, hence an increased systole, and decreased diastole, a lessened output of blood from the heart, and consequently a lowered pressure. As Seelig says, Boise fails to explain why the work of numerous investigators who have thoroughly isolated the heart from its afferent paths have still been able to produce shock.

3. **Inhibition of the Function of all Organs.**—Meltzer, reviewing all the more recent theories of the nature of shock, ventures the assumption "that various injuries which are capable of bringing on shock do so by the inhibition of all the functions of the body." Differing from Crile, he quite justly questions the legitimacy of distinguishing etiologically between shock and collapse. He fails, however, to give satisfactory proof of his theory of shock.

4. **Deficiency of Carbon Dioxide in the Blood or Acapnia.** Henderson thought that shock was due to a deficiency of carbon dioxide in the blood on account of the rapid and deep breathing induced by traumatism, so causing an undue ventilation of the lungs resulting in a condition of overoxygenation of the blood with diminished carbon dioxide or *acapnia*. Carbon dioxide is not merely a poisonous excretion, but is an important regulatory hormone upon whose presence depends the activity of the respiratory centers. According to Henderson the tonicity of the walls of the bloodvessels is in direct proportion to the carbon dioxide content of the blood.

This doctrine of acapnia is clinically untenable, as in the great majority of cases of shock excessive ventilation of the lungs cannot be regarded as a causative factor. Howell demonstrated that the heart still beats in complete acapnia, and Seelig found that by introducing directly carbon dioxide into the blood current, he could not influence the course of shock.

5. **Morphological Changes in the Ganglion Cells.**—G. W. Crile explains shock by the *exhaustion theory*. According to him, the brain is a great storage battery in the kinetic system, driving the suprarenal, the muscles, and through its action on the suprarenal, the other important viscera. In his judgment all forms of shock are caused by overstimulation of the nervous system, and finally by exhaustion. Basing his theory upon study of the phylogenetic history of the whole motor mechanism, he claimed that when there is no response to nervous stimulation, the energy is expended in the cortical cells. The brain cells then show physical changes which vary with the stage of shock in which they are

examined. He found in the brain cells hyperchromatic stages followed by hypochromatic ones. In his judgment these demonstrable, constant morphological alterations of the brain cells are the primary cause of shock. This, he thinks, he has been able to demonstrate by an enormous amount of experimental work done in the numerous and various states and conditions. The brain cells studied were almost entirely those of the cerebellum (Purkinje cells). As Seelig says, "the essence of his doctrine lies in the belief that the cells are composed of labile compounds capable, when adequately stimulated, of converting their potential energy into kinetic. If this power to convert is unduly excited, phenomena of exhaustion with all their consequences occur."

Gray and Parson, two English authors who have worked along the same line as Crile, most definitely and emphatically state that the most careful histological examination of the brains and spinal cords of shocked animals fails to reveal any changes in the ganglion cells as described by Crile and Dolly. In the spinal cords they found no cytolytic changes whatever. The spinal cortex showed very little change and the Purkinje cells showed no striking alterations. They concluded that in shock the exhaustion theory cannot be proved histologically.

Mann claims that it is impossible to reduce the anesthetized animal to a state of shock by any degree of sensory stimulation, provided all hemorrhage is prevented and its abdomen not opened.

Since the same pathological changes as the ones described by Crile are found in other conditions than shock, as overwork, anemia, infection, poisoning, Graves' disease, etc., these changes are not in the least considered by many as specific of any etiological factor, nor are they specific for shock. Seelig says, "The theory of ganglion-cell excitation as the primary cause of shock stands as the type of solidistic pathology. Virchow has characterized all solidistic theories in pathology (as contrasted with humoral theories) as metaphysical and speculative; and in this statement resides the crux of the problem. Crile may encounter no difficulty in showing that the condition of shock has definite morphological representation in the ganglion cells of the cerebellum, but he frequently approaches dangerously near the borderline of speculative metaphysical reasoning in his attempt to prove that these same morphological changes are the primary cause of shock."

6. **Loss of Vasomotor Control.**—Janeway and Ewing claim that shock is due to loss of vasomotor control caused by inhibition from afferent sensory impulses. To prove their contention they have undertaken a series of very interesting experiments. But through what mechanism this condition is brought about is not explained by them.

7. **Primary Suprarenal Exhaustion.**—Finally, the last theory of shock up to date is the one of Corbett: primary suprarenal exhaustion

is a shock factor. Corbett says: (*loc. cit.*) "The amount of epinephrin in the blood of a normal individual is very slight, somewhere between one part in two hundred millions, as determined by Hoskins, and one part in ten millions as determined by Waterman and Smith. Further than this, the epinephrin output per minute per kilogram of dog cannot be above 0.2 c.c. of a 1 : 1,000,000 solution of epinephrin. The smallest amount of epinephrin that will have any effect upon the blood-pressure of a normal dog is 0.42 c.c. of the same solution. This amount produces not a rise, but a fall in the blood-pressure, and the amount necessary to produce a rise is several times as much. These facts indicate that in the normal individual just enough epinephrin is in circulation to maintain the tone of the 'myoneural junction,' as the pegs of a violin maintain the tension of the strings. Therefore we have no right to say that the normal blood-pressure is maintained by epinephrin in the blood, but rather that epinephrin *sensitizes unstriped muscles of the vasomotor system to the sympathetic.*"

Furthermore, the splanchnic nerves must also be intact in order to have function of the suprarenal glands, as shown by Cannon, Dreyer and Elliot. Peritoneal traumatism, stimulation of the sciatic as shown by Elliot, reduce not only the epinephrin output, but also actually reduces the epinephrin content of the glands. After a number of experiments Corbett comes to the conclusion that symptoms of shock fully develop only after the supply of epinephrin is greatly depleted. Epinephrin exhaustion is a shock factor.

Such are the theories. Everyone of them sees a part of the truth, but none of them explains the problem of shock fully. Shock is a composite of various factors. It seems to me, however, that Crile is on the right track, when he requires for the production of shock the intervention of the nervous system, whatever form it may take, but takes things too much for granted when he concludes that the morphological changes in nervous cells are the primary cause of shock. How far have we the right to take the cells' morphology as an index of their functional activity? Most probably in the course of future researches and when our knowledge of biological chemistry is more advanced, we may find the solution of the problem in the pathological biologicicochemical interrelations not only of the nervous system, but also of the entire apparatus of internal secretion. What would tend to prove that my contentions are correct, is the fact that shock can be nearly always successfully handled if a sufficient amount of new blood is transfused. This has been elegantly shown by Janeway and Ewing. These authors saw dogs, so deeply shocked that the controls similarly shocked died, immediately resuscitated by blood transfusion. Why should it be so if the primary

cause of shock is to be found in the morphological lesions of the nervous system? So rapid a recovery precludes the idea that the disturbing factor is due to an exhaustion of the nerve centers. It is hard to conceive an exhausted center recovering so quickly. It seems reasonable to admit that the new blood transfusion brings "something" which is no longer, or which is insufficiently present, in the system of the shocked animal, and which when reintroduced into the organism, sets going all the machinery, just as a few drops of HCl will set going again an exhausted electric battery. What this something can be, I know not. Perhaps as Corbett says, the epinephrin; perhaps a glandular secretion of some other sort, or one or more lipoids, or one or more biologicicochemical compounds, whose chief duty is to stimulate the nervous centers, or possibly some others of the organs of internal secretion. Not enough attention so far has been paid to the organs of internal secretion, as to their possible etiological relation to shock.

We know that these organs contain a great number of lipoids, each one of them possessing individual physiological properties. Certainly lipoids must not be the only compounds which intervene in the complicated biological chemistry of our body; there are and must be others, and most probably it will be only when we know more of the science, still in its infancy, namely, *biological chemistry*, that we shall get a little nearer the solution of the problem of shock.

Shock may be of *psychic, traumatic, toxic, and hemorrhagic origin*.

It is quite certain from clinical observations that shock may follow *psychic* disturbances without any definite trauma, toxin, and loss of blood. This psychic shock is mostly caused by fear and anxiety. This psychic factor is a very important one, and it is often not given sufficient consideration. It varies with the individual, with sex, with age, race, and social condition. The fear of an impending operation is sometimes considerable, and it is indeed the duty of the physician and surgeon to alleviate this fear as much as possible.

Traumatic shock in accidental injuries has been known for many years. Shock connected with operation seems to recognize the same causes as the ones seen in accidental injuries. For a long time surgeons have felt that if the patient is generally anesthetized, the operative manipulations on the unconscious patient may be done with impunity. Crile has taken the opposite stand and claims that even during artificial sleep, painful impulses from the wound to the brain are taking place, are registered there just the same, but are not felt, as the entire sensitive apparatus is anesthetized. These nocuous impulses, he says, are a contributory factor of shock; they increase the probability of post-operative complications, increase the discomforts of the convalescence and prolong the period of disability, and they should consequently be

eliminated as much as possible. Hence the origin of the *anoci-association theory* of Crile. He aims to prevent shock by sequestering the brain from the field of operation by blocking the nerves with novocain. I have expressed elsewhere my views on this subject.

Toxic shock may be seen in diseases of long standing, as thyrotoxicosis, typhoid, acute and intestinal obstruction, jaundice, certain stages of diabetes, etc. It is seen, too, after the use of drugs for local and general anesthesia.

Hemorrhagic shock is seen after severe hemorrhages either previous, during, or after operation. Many or all of these different factors, as a rule, are combined in order to produce shock. One factor seldom acts alone.

Treatment of Shock and Hemorrhage.—Prevention is, of course, the best method of treatment. It is clear that if it is true that during general anesthesia, noxious impulses are nevertheless transmitted to the brain in such a way as to jeopardize the life of the patient, something should be done to prevent that risk. Consequently, if one believes in Crile's theory of shock and in his anoci-association theory, to be consistent with himself, he will have to employ the methods which Crile advocates in order to prevent shock. I have done so for three years. But, as said before, since this present war broke out, as novocain could not be had any longer, I felt forced to give up the anoci-association method. Despite that fact I have been unable to see any difference for the worse in my results. So, until further convincing proof, I have discarded the use of novocain.

The necessity of eliminating as much as possible the factor of fear is self-evident and this can be done by the most careful coöperation on the part of the nursing and operating staff. It may be reduced to a great extent, too, by the intelligent use of morphin or pantopon. As claimed by Crile, general anesthesia should be administered very carefully, taking care to prevent loss of body heat, and to avoid hemorrhage during operation; furthermore, the tissues should be handled carefully, without roughness, and the operation should be performed with such speed as is commensurate with the safety of the patient.

It would be an error, however, to believe that because one has blocked the nerves, has eliminated the factor of fear, has used nitrous oxide, etc., in short, has applied the method of anoci-association, that he is safe in undertaking any operation on a patient, and that he may be sure that the outcome will be all right. This, indeed, is not so. The best anoci-association method I know of is a *sound surgical judgment*. As already said more than once, the judgment and experience of the surgeon will, I think, determine very largely the outcome of each given case. We have killed a great many patients with exophthalmic and other

forms of goiter because we have done too much, because we have used a general anesthesia when local anesthesia should have been used, because we have subjected them to an operation near or at the top of a wave of hyperthyroidism, because, in other words, we have done "the right thing at the wrong time, or the wrong thing at the right time." There is possibly no other field in surgery where it is truer than in thyroid surgery that the surgeon must be, not only a good technician, but also a most capable physician, competent to appreciate the strength of the heart, to judge how much shock a nervous system will stand and how much it will not, to know if the case is complicated with thymus enlargement or not, and to decide if the degenerative processes of the organs have gone so far as to compromise the success of the operation, or if they will stand the strain. Even with the best medicosurgical judgment and with wide experience every surgeon will meet with misfortunes because the conditions found are very deceiving. A heart seems to respond beautifully to a preliminary treatment, and great is the disappointment when you expect this heart to stand by you, to find that it simply "quits." That is why I believe Crile is not doing himself justice, and is giving too much credit to his anoci-association theory, when he attributes the good results mostly to this method. Ten, five, yes, even two years ago, the technic, the indications, the conception of the operations, were not in many respects what they are today, and very likely in a few years from now they will have advanced and changed again. Our experience becomes every day larger, and with it improves our surgical judgment. Every day we learn better what to do, what not to do, how far to go, and how far not to go. How could it be otherwise? If we consider the results of the men of great authority, such as Kocher and Mayo, who do not apply the method of anoci-association as advocated by Crile, and who do not use nitrous oxide, we see that their results are not only among the best, but are also constantly improving. What shall we say of Kocher, who systematically uses local anesthesia in his goiter work, who does not make a point of eliminating the factor of fear, whose patients know beforehand the day and the very hour of their operation, and who even walk to the operating table? Everyone of us knows that an operation performed under local anesthesia is not as painless as one would wish it, consequently the nocuous impulses toward the brain are still extremely active and harmful, yet who can criticise Kocher's results, not only so far as mortality, but so far as immediate and remote results are concerned. I think Bevan is quite correct when he says: "Crile's excellent surgical work is done not because of anoci-association, but in spite of it."

When shock takes place during the operation, the anesthetic should be stopped at once, and the operation interrupted if possible. Then

if a two-staged operation can be devised, it is far better to do so. If not, as much as possible of the operation must be done under local anesthesia.

When shock is already established, it is treated in the following manner: the extremities are bandaged; the foot of the bed or operating table is elevated; heat is applied if the patient is cold; ice to the head in hot weather, or if the patient has temperature. If tachycardia is very marked an ice-bag is applied to the cardiac region. If the patient is very restless, small doses of morphin may be given with benefit. If shock is only moderate, proctoclysis by the drop method with the following solution should be started at once.

Sodium chloride	6.0
Calcium chloride	1.0
Potassium chloride	0.3
Bicarbonate of soda	60.0
Glucose	150.0
Alcohol	20.0
Aq. dest.	1000.0

This should not be given in too great quantities at a time, but should be repeated at intervals, and given slowly. This solution increases the pressure in the vena cava, and since the output of the heart is in direct proportion to the pressure in the vena cava and not at all to the aortic pressure, rectal infusions at once increase the blood-pressure and the volume of the pulse.

Hypodermoclysis is best made underneath the breast or in the axilla. If for any reason the thorax must be avoided, the space of Retzius can be used advantageously.

If, however, one is in need of more quickly acting methods, intravenous infusion must be resorted to at once. The best solution to use is the Locke-Ringer, which is far superior to the salt solution commonly used up to date. The Locke solution has been employed for a number of years in laboratories not only as a means of keeping up artificial circulation in experimental work, but also as a medium to preserve the life and excitability of the tissues coming from the liver, intestines, urether, etc. Its composition is the following:

Sodium chloride	8.0 grams
Calcium chloride (non-crystallized)	0.2 gram
(if crystallized)	0.4 "
Potassium chloride	0.2 "
Bicarbonate of soda	0.2 "
Dextrose (purified)	1.0 "
Aq. dest.	1000.0 c.c.
Oxygen, enough to saturate.	

The Locke solution is preserved in sterile bottles and the whole sterilized anew at the autoclave. The chemical products entering into the formula must be chemically pure. The oxygen which is a necessary condition for experimental work when producing artificial circulation, is no longer necessary when used clinically for transfusion.

The sodium chloride is used in order to give the liquid the osmotic property equal to the one of the blood, so that the hemoglobin will remain fixed to the red corpuscles, in other words, in order to prevent hemolysis. The calcium is necessary to keep up the function of the heart and the potassium is intended to regulate the function of the cardiac fibers. The bicarbonate of soda is necessary in order to confer to the liquid about the same alkalinity as the blood. Glucose is destined to be a nutritive element for the myocardium.

Adrenalin may be added to the infusion or given separately hypodermically; 15 to 20 drops of a 1 : 1000 solution is an excellent stimulant. Strophantine given intravenously is sometimes very effective. It is found on the market in sterile ampules, each containing 1 c.c. of a 1 : 1000 solution. This injection may be repeated six to ten hours after, but generally not again. Small but often-repeated doses of strychnin are also of good value. Alcohol seems to have but little effect. When the acute stage of shock is over, digalen, given hypodermically or intravenously, proves sometimes an excellent stimulant.

However, the best of all methods for the treatment of shock is *blood transfusion*; it may be done by the direct or indirect method. The indirect method, however, is the one which is within the reach of everyone on account of its simplicity, and what is more, it is just as effective as the method of direct transfusion. The indirect method which I have devised can hardly be improved in its simplicity.

Crotti's Technic of Indirect Transfusion.—Although thoroughly familiar with the technic of vascular surgery, I have always felt that the direct transfusion of blood by arteriovenous anastomosis is a very delicate operation and too often unsuccessful. Everyone who is familiar with that kind of work knows how difficult it is to anastomose properly the small vein of a child, for instance, with the large radial artery of a man, and even when the anastomosis has been successfully performed, there is no way of telling whether the arterial blood is running into the vein, and if it is, how much has been transfused. The operation is a long and difficult one. The same objections are true for the other methods of transfusion as, for instance, when performed with small glass tubes prepared with alboline or paraffin. Therefore I sought to find a simpler method which might be just as efficient, if not more, and become more popular on account of its simplicity. It is called *indirect transfusion of blood*.

With Dr. Shilling, pathologist at Grant Hospital, Columbus, Ohio, I made a series of experiments on dogs in order to determine the coagulation time of the blood, when withdrawn, first, in a sterile dry glass; second, in a glass boiled in normal salt solution; third, in a glass boiled in alboline. The average coagulation time was from five to eight minutes for blood withdrawn in a sterile dry glass, and from seven to twelve minutes for blood withdrawn in glass boiled in salt solution or alboline. Therefore I thought there would be plenty of time to withdraw blood with a syringe from a vein and to reinject it into another one without running any danger of coagulation. This was indeed successfully demonstrated in each of our numerous experiments. We were able, provided, that certain rules were followed, to withdraw several hundred centimeters of blood from the vein of a dog and to reinject it into the vein of another without a particle of trouble. I was able also to demonstrate the efficacy of the method in human surgery more than once.

Iodin preparation of the skin of the donor. Local anesthesia with novocain, 1 per cent. Incision of the skin three or four centimeters long in the angle of the elbow. The cephalic vein is dissected out and cut at the upper end of the incision. The proximal end is ligated with catgut. To the distal end three small mosquito forceps are applied at an equal distance one from the other in order to maintain the lumen of the vein open. A small artery clamp applied a few centimeters below prevents the blood from leaking.

The same operation is performed on the recipient with the difference that the vein is ligated at the lower end of the incision.

A blunt needle which has been adapted to the syringe is introduced into the vein of the donor in the opposite direction to the blood current; blood is aspirated into the syringe, and reinjected into the vein of the recipient, in the same direction as the blood current.

The transfusion may be repeated as often as is necessary without coagulation, provided, needle and syringe are freshly washed each time with a warm normal salt solution. The best plan is to have two needles and two syringes, and to have one set washed by the assistant while the other is in use. When transfusion is terminated the veins are ligated and the skin incision closed. By this method any amount of blood may be transfused from one patient to another, and the exact amount transfused is known. The fact that the blood is venous seems to be without importance. The technic is simplicity itself and may be used by anyone. A few bubbles of air are of no importance.

If one prefers to take arterial blood from the donor, he may do so by preparing the radial artery in the same way as described above.

Postoperative Hyperthyroidism.—Whoever has operated many thyrotoxic goiters must have occasionally met with this dreaded compli-

cation. Fortunately, postoperative hyperthyroidism is very much less frequent today than it was in the early period of thyroid surgery because of our better knowledge, better technic, and better judgment, nevertheless this complication does occur, and sometimes very unexpectedly, no matter how small the surgical traumatism has been.

Generally speaking, we may say that postoperative hyperthyroidism is only an exaggeration of all the symptoms seen in Basedow's patients. It is characterized by palpitation, tachycardia, tremor, vomiting, fever, sweating, extreme agitation, hallucinations, psychosis, etc. Though often the operation is not yet terminated, the tachycardia is already intense, the pulse beating between 150 and 200. As soon as the patient comes out of the anesthetic he shows extreme agitation; jumps up in his bed; his whole body shaken by an intense tremor; perspiration is abundant, and although there is no mechanical obstruction in the trachea, the patient shows air hunger; temperature climbs up to 103 or 104° F. or more; the highest I have seen was 107° F. The patient becomes more and more restless, wants to get out of bed, and to go home; has hallucinations; sees people, and talks vehemently. The condition usually reaches its most acute stage toward the end of the second day. This peracute form of hyperthyroidism lasts one, two and three days and usually terminates in death. In the milder forms, however, the symptoms are less pronounced: the storm, less intense, is over sooner.

The nature of this postoperative hyperthyroidism is not yet clear. Rehn, Mikulicz, Moebius and others believe that it is due to an abundant resorption of thyroid secretions intensely toxic. This may be true in certain number of cases but this explanation does not hold good for all cases since Curtis and Delore have observed it after sympathectomy, Pollosson after a gynecological operation in a Basedow patient, and Crile, after only "the prick of a hypodermic needle." Since it appears after simple ligation, after enucleation or resection, no matter whether one leaves a raw surface or not, it would appear that the "raw surface" and "squeezed juice" hypothesis do not adequately explain postoperative hyperthyroidism. Kocher and Riedel believe that hyperthyroidism is due to general anesthesia. This, however, is not always true since it has been observed after the use of local anesthesia.

It cannot be denied, however, that the anesthetic, no matter whether ether or nitrous oxide is employed, is *per se* a potent contributing factor in the production of postoperative hyperthyroidism. Local anesthesia is far less liable to cause postoperative hyperthyroidism than general anesthesia.

Crile claims that postoperative hyperthyroidism is due to shock. Some authors think that postoperative hyperthyroidism is related to thymic hyperplasia. Most likely this is partly true since the thymus

belongs to the chain of organs of internal secretion and inasmuch as that gland plays, as we shall soon see, a part in the production of postoperative hyperthyroidism. At any rate, one thing in my practice seems to corroborate these views. Since, as routine work, I combine thyroidectomy with thymectomy, postoperative hyperthyroidism is far less frequent in my experience than it used to be.

In my judgment postoperative hyperthyroidism is nothing more nor less than a fulminating spell of the ordinary hyperthyroidism which we see every day in thyrotoxic patients. The symptoms are the same. The only difference is a matter of degree. In postoperative hyperthyroidism all the symptoms are greatly intensified sometimes to such an extent that the organism, unable to stand the impact, is swept away in two or three days by this tremendous wave of hyperthyroidism. Just as in an ordinary case of thyrotoxicosis, shock, be it psychic or traumatic, be it light or severe, is liable to determine a very acute spell of hyperthyroidism, so in any surgical intervention, be it ligation, resection, gynecological operation, or only the pricking of a needle as in Crile's case, the traumatic shock from the operation, the psychic shock from going through the ordeal, and the toxic shock from the use of the anesthetic, etc., are all factors which, with others, intervene in producing the thyrotoxic explosion called postoperative hyperthyroidism. It is consequently logical to consider postoperative hyperthyroidism and ordinary hyperthyroidism as having the same cause. As we have considered the latter, a thyro-neuro-polyglandular disease, so we consider the former as a *fulminating thyro-neuro-polyglandular spell*. The organism is suddenly flooded with an enormous amount of thyroid products, be it from overfunction of the gland or from absorption from the "raw surface" itself. The nervous system is running wild, either because driven by the toxic thyroid products or, because it has lost its "gyrostatic control," if I may say so. The polyglandular system is working at random, thus mobilizing toxic products of metabolism which only further aggravate the situation. In short, the entire thyro-neuro-polyglandular machinery is out of gear.

Acidosis. Although of recent acquisition, acidosis is nevertheless of vast clinical importance. For years I have been impressed with the frequency with which the "acetone breath" was encountered in many of my postoperative cases. I thought for a long time that I had to deal with some transitory diabetes, but repeated examinations, however, failed to show the presence of sugar in the urine. In 1913 an article on the subject by two French authors, Chavain and Oeconomos enlightened me considerably, as they showed that the symptoms which I had observed were due to acidosis. Since then other authors, among them Crile, have but confirmed their views.

Alkalinity is essential to life not only for animals, but for plants also. We all know that an acid soil remains non-productive until it has been alkalized with alkaline fertilizers, that plants cannot grow in acidulated waters, and that if the alkalinity of the blood in animals becomes lowered, life ceases. All the fluids of the body except the urine and gastric juices are alkaline.

Acid is constantly being formed in the body as the result of many metabolic processes. Exercise, emotion, etc., increase the amount of acid in the blood which in turn activates the respiratory centers.

One of the most characteristic symptoms of acid poisoning is an "acetone breath;" furthermore, the tongue is coated or perhaps abnormally red, the face is pale, or sometimes flushed, the surface of the body is often cold and moist, nausea or vomiting may be present. The patient is exceedingly thirsty, and shows excessive nervous irritability. Acetone and diacetic acid are present in quantities more or less great in the urine.

It is a known fact that starvation is a great source of acidosis and that in a surgical case, the length of the pre- and postoperative starvation periods, the amount of anesthetic, and the amount of surgical traumatism, will be the deciding factors in the intensity of acidosis.

From the foregoing facts it follows that we ought to be able to prevent, to a certain extent at least, acidosis by reducing the pre- and postoperative periods of starvation to a minimum and by reducing the amount of anesthetic. That is what I have been doing as a general principle in my surgical work, be it goiter or any other form of surgery. I do not deplete the patient any more with cathartics: when a cathartic is deemed necessary it is given several days before the operation. Nor do I restrict the diet of my patients in the least unless there should be a special contra-indication for it; on the contrary, I want them to eat plenty of food; even their last meal before operation must be a good substantial meal, rich in carbohydrates. In severe cases where I fear the operation will precipitate an impending acidosis, I have my patients take some food just an hour or two before the operation, as oatmeal, etc. As soon as the operation is over and as soon as they have recovered from the anesthetic, I want them to take plenty of water because just as the acid soil needs water, so does the acid animal body. Even if they vomit, water is still given plentifully, at least for a time, as it is a very simple and efficient means to clean out the stomach.

It may seem excessive to compel patients who may be vomiting to swallow food, yet, in severe cases a few hours after operation as soon as the stomach has sufficiently quieted down, a carbohydrate food, as gruel, potato soup, etc., is given to the patient, and as soon as possible feeding is pushed to the limit.

Glucose and bicarbonate of soda are used freely before and after the operation. A day or two before the operation the patient is given 150 grams of glucose in water flavored with peppermint which renders the taste of the mixture agreeable. At the same time the patient is given 5 to 10 grams of bicarbonate of soda daily. As soon as the patient has come back from the operating room a proctoclysis, 20 to 25 drops a minute, is started. The following formula is used:

Sodium chloride	6.0 grams
Calcium chloride	1.0 "
Potassium chloride	0.3 "
Bicarbonate of soda	100.0 "
Glucose	150.0 "
Alcohol	20.0 "
Aq. dest.	1000.0 "

If the acidosis should become threatening a pint or two of the following solution is given intravenously:

Sodium chloride	8.0 grams
Calcium chloride (non-crystallized)	0.2 "
(if crystallized)	0.4 "
Potassium chloride	0.2 "
Bicarbonate of soda	0.2 "
Glucose	1.0 "
Aq. dest.	1000.0 c.c.

At the same time bicarbonate of soda is given *larga manu*, that is, generously by every possible way.

Postoperative Fever.—Postoperative fever may be caused by infection, or may be entirely independent of it.

In the preaseptic era infection was one of the most feared complications. It occurred after enucleation or after resection, and too often terminated by mediastinitis, empyema, and pericarditis, and finally by death. But in these days with conscientious and intelligent asepsis, with careful protection of the field of operation from surrounding parts, with the Kocher screen, and with carefully selected and sterilized suture material, infection is very rare; in fact, it seldom occurs. For three years consecutively I have not had a single infection.

There is, however, another form of postoperative fever which is not due to infection. It occurs the same day of the operation and usually reaches its maximum on the second or third day after operation. It oscillates between 102° and 103°, and seldom goes above 104° F. Exceptionally, however, it may go higher; the highest temperature I have seen was 107° F., which terminated by death. In ordinary conditions this temperature lasts three, four and five days and then gradually disappears. It is accompanied by an increased pulse-rate, and by

more or less marked symptoms of hyperthyroidism. This postoperative fever occurs both in simple and thyrotoxic goiter, but it is far more frequent and far more marked in the latter condition.

The pathogeny of the postoperative fever is the same as that of postoperative hyperthyroidism.

Postoperative Tetany.—Tetany was very frequent at the time when total thyroidectomies were performed and when the technic of goiter operations had not reached the state of development which it has today. Nowadays postoperative tetany is rare. Kocher saw it only 5 times in his last 1000 operations; Mayo, in 1200 operations, saw it once; Frazier, reporting the results of 2000 operations done by American surgeons, found 8 cases of tetany reported, 3 of them being fatal; Boese in 410 cases, operated on by Hochenegg, found 2 cases of tetany. I have seen it twice in my surgical practice. Thyroidectomy does not need to be total in order to produce tetany. The removal of one lobe only is sometimes sufficient to cause it. The reason lies in the fact that, although only one or two parathyroids have been removed, the parathyroids of the other side are either insufficient or absent. Benjamins, who made a systematic examination of goiters removed by operation, found that in many instances one or two, or even three parathyroids had been removed with the goiter. Another reason why tetany may appear sometimes after partial thyroidectomy is that, on account of abnormal vascular development, the small artery which supplies the little parathyroid glandules is destroyed, causing necrosis of the parathyroids, and hence the tetany. Erdheim made thorough seriated microscopic examinations of the cervical region in 3 cases which died of tetany. In the first case he found no trace of parathyroids, but found two very small accessory parathyroids imbedded in the thymus; in the second case only one parathyroid was found but it was entirely necrotic; in the third case no trace of parathyroid tissue could be found. (See chapter on Parathyroids, page 445.)

Symptoms.—The symptoms of postoperative tetany usually appear in the next twenty-four hours after operation and are characterized at first by a pricking sensation and by a slight stiffness of the fingers. The symptoms usually reach their maximum on the third day and are always bilateral. Exceptionally, tetany may occur only six, eight, ten or fifteen days after the operation. Some claim that it may even happen months or years after. In the latter cases the operation cannot be held directly responsible.

When fully developed the disease is characterized by tonic and intermittent spasmodic contractions in the flexor muscles of the upper extremities. Such contractions are present, too, but in a lesser degree in the lower extremities. The interval between the contractions is at first

quite marked, but gradually they become more intense and more frequent. In severe cases the tonic contractions may last one or two hours; in such conditions the musculature of the back, the masseter muscles and the diaphragm may become involved. Of course all cases of tetany are not alike, and all do not show the same severity; some are of the mild type and show only "tetanoid" symptoms.

Besides the muscular contractions, four other cardinal symptoms are found in tetany. They are:

1. The *Chvostek symptom*.
2. The *Weiss symptom*.
3. The *Trousseau symptom*.
4. The *Erb symptom*.

The *Chvostek symptom* is a sudden and fugacious contraction of the muscles of the face obtained by a slight percussion on the facial nerve at its point of emergence in the parotid region. Percussion may be done with the percussion hammer or simply with the finger just as in the act of percussing the thorax. Percussion must be very gentle and soft.

Frankl-Hochwart distinguished three different degrees of the *Chvostek symptom*:

Chvostek I.—The entire facial musculature of the side percussed responds to a slight percussion made upon the facial nerve at its point of emergence in the parotid region.

Chvostek II.—Contractions are localized only in the ala nasi.

Chvostek III.—Contractions are seen only at the angle of the mouth.

The *Chvostek symptom* has been considered for a long time as pathognomonic of tetany, but it occurs also in conditions which are entirely foreign to parathyroid insufficiency. For instance, the *Chvostek III* may be found in tuberculosis, epilepsy, neurasthenia, and even in normal individuals. In interpreting the *Chvostek III* one should be sure that it is not of muscular origin, because sometimes percussion in the outer edge of the orbicularis oris may determine some fibrillar contraction in that muscle, which thus becomes a source of error of interpretation. On the other hand, the *Chvostek* may be missing in very marked cases of true tetany. It is more often present in stomach tetany of adults than in infantile tetany.

The *Weiss symptom* is a sudden contraction of the muscles frontalis corrugator supercilii and orbicularis oculi, taking place when the temporal and zygomatic branches of the facial nerve are percussed at the outer angle of the orbita.

The *Chvostek* and *Weiss symptoms* are caused by an exaggerated excitability of the facial nerve, often causing the entire facial musculature to assume a peculiar expression known as the "tetanic face" (Fig. 88).

In that condition the angles of the mouth are drawn; the nasolabial groove is more deeply marked, and there is an anxious expression over the forehead with the eyelids remaining wide open.

The Trousseau Symptom.—In 1864 Trousseau saw that by exerting a circular compression on the upper arm of patients with parathyroid insufficiency, so as to compress the nerves and bloodvessels in the bicipital groove, spasmodic contractions and flexion of the forearm and wrist took place. At the same time the hand and the fingers took a position known since as the *accoucheur's hand*, or the *obstetrical hand* (Fig. 89). The best way to produce the Trousseau symptom is to exert

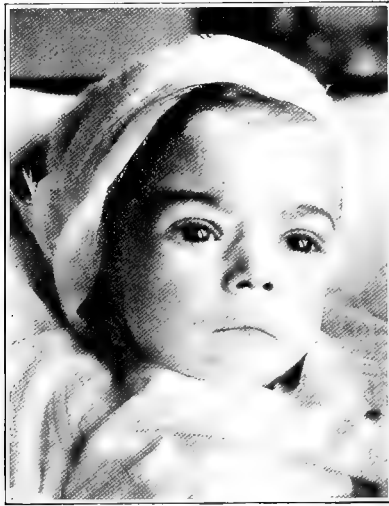


FIG. 88.—Tetanic face.

circular compression on the arm with a rubber band. Often, however, simple compression with the two hands in the region of the middle arm is sufficient. The Trousseau symptom may appear very quickly after circular compression has been started. In many other instances, however, compression has to be exerted for quite a long time before the symptom is obtained. In some cases the symptom appears only after compression has been removed.

Where the Trousseau symptom is fully developed and the *accoucheur's hand* is present, the fingers are found to be moderately flexed in their phalangometacarpal joints but extended in the remaining phalangophalangeal articulations. The thumb is in middle position between adduction and opposition and tightly closed against the fingers (Fig. 89); this compression may be so intense and may last so long that decubitus may take place at the point of contact of the thumb with the fingers. The hand, as a rule, shows some degree of palmar flexion; it may be,

however, moderately extended. The forearm is moderately flexed upon the arm and in the middle position between pronation and supination; at the same time it is adducted.

In the lower extremities the thighs and legs are extended; the feet show a plantar flexion of the toes and supination of the foot. The position taken by the foot is that of the "equine" or "varoequine" foot. Exceptionally, the foot may be pronated instead of supinated. The adductor muscles of the thigh being spasmodically contracted bring consequently the thigh into marked adduction. Lately, Schlesinger has described what he calls the "leg" symptom. The leg being fully extended on the thigh, if next the entire limb is flexed upon the pelvis, then, after two or three minutes, marked tetanic convulsions appear in the limb.



FIG. 89. Tetany. "Accoucheur's" hand.

These spasmodic symptoms found in the upper and lower extremities, are known as the *carpopedal symptoms*.

The tendinous reflexes, as a rule, are normal. They may even be slightly diminished especially in the early stages. According to Falther and Kahn the patient after a severe tetanic spell complains of pain in the bones and in the joints.

Spasmodic cramps of the masseter muscles, of the tongue, of the diaphragm, of the bladder and rectum, are sometimes observed in severe cases. Spasmodic contractions of the esophagus and larynx may be present, too. Laryngospasm, however, is more frequently seen in infantile tetany than in that of postoperative. Bechterew, by compressing the phrenic nerve, caused at once a spasm of the diaphragm.

Intentional cramps are not so infrequently seen in postoperative tetany. They are characterized by spasmodic contractions in the musculature which for a few seconds may prevent the patient from performing the movements which he had intended to do; for instance, if shaking hands, the hand remains for a few seconds tightly closed, as if the patient had some difficulty in releasing his grip. Similar intentional spasmodic contractions occur in the lingual and esophageal musculature.

Frankl-Hochwart has shown experimentally that the Trousseau symptom is not due to the shutting off of the blood circulation in the arm, but is due to compression of the nervous trunks. After dissecting the nerves and vessels in the bicipital groove in dogs, this author was able to obtain the Trousseau symptom only when compressing the nervous trunks, and never when exerting a compression upon the arteries and veins alone. Pressure upon the nervous trunks of the thigh gives, too, the same symptoms which have been described above. According to Schlesinger, if compression is exerted upon purely motor nerves only, no Trousseau symptom occurs. It appears only in mixed nerves, namely, those containing motor and sensory fibers.

The Erb Symptom.—In 1878 Erb showed that in tetany the electric irritability of the motor nerves was gradually increased. This electric excitability is higher during the spasmodic contraction than during the intervals. This point is important to remember, especially in the latent forms of tetany where examination may show that during the intervals the Erb symptom is negative. As soon, however, as the Trousseau symptom has been elicited, the Erb symptom becomes positive.

The hyperexcitability of the nervous trunks is best determined with the galvanic current. It is characterized:

1. By musculature contractions on closure of the negative pole with currents of intensity, inferior to 1 milliampère when this current is applied on the ulnar or other motor nerves.
2. By muscular contractions at the opening of the positive pole with currents inferior to 5 milliampères.
3. By muscular contractions at the opening of the negative pole with currents inferior to 5 milliampères.

Symptoms of hyperesthesia are frequently found in connection with tetany and are especially localized in the upper extremities. They consist of a burning, pricking sensation, and dead feeling of the fingers. Sensory disturbances of the hearing, smelling, tasting apparatus are not so uncommon. The pricking and tingling sensations are sometimes intolerable.

The length of the convulsions may be very short or may last for hours. Sometimes there is only one spasmodic spell and then every-

thing is over. Usually, however, the spells are numerous. As in tetanus, noise, touch, light, heat, cold, etc., may determine an acute spell. During convulsions, the muscles are hard, offer great resistance to passive movements and are spontaneously painful. Adrenalin and pilocarpin exaggerate the tetanic contractions and determine an intense vasoconstriction of the entire body, but especially of the face, hence the reason why patients with tetany look pale, although their blood is normal.

Just before and during the tetanic cramps there is tachycardia. The heart action is stronger, the sounds are more strongly marked, especially the second pulmonary and aortic sounds. Respiration is increased, too. Cyanosis and dyspnea may be present. The respiratory disturbances are partly due to spasmodic convulsions of the diaphragm, and partly to disturbances in the respiratory centers. As a rule temperature does not go very high. In some cases, however, it may be very marked. Even vomiting and diarrhea may be present.

Tetany should not be mistaken for tetanus, because in tetanus the tendinous reflexes are markedly increased, the heart is not involved, and the ordinary symptoms of tetany are not present.

How Many Parathyroids May Be Removed Before Tetany Appears? This question cannot be fully answered. As a general principle, we should aim not to remove any parathyroid tissue at all. It is true that Erdheim found that one, two, or even three parathyroids had been removed in conjunction with thyroidectomy and that no, or very little, disturbance was observed. This would consequently tend to prove that one parathyroid alone is sufficient to prevent tetany. It would be dangerous, however, to bank too much upon that fact since we know that not only the number, but also the size of the parathyroids are two important factors in the production or non-production of parathyroid insufficiency. The volume of a single parathyroid might be larger than that of three other glandules taken together, while in other cases two small parathyroids, for example, may prove insufficient to protect the patient against parathyroid insufficiency. Consequently the aim of the surgeon should be to protect these little glandules and to safeguard them from any injury.

Despite, however, profound anatomical knowledge and good technic, postoperative tetany will sometimes occur. I have observed a case of tetany in a young girl whom I operated for a nodular colloid goiter, the size of a small egg, located in the isthmus. This median goiter was simply enucleated. Both lobes were left untouched inasmuch as they were normal. No ligation of the thyroid vessels was undertaken, so that I cannot see how I might have injured the parathyroids, yet the day following the operation the patient developed a mild case of tetany which happily was cured in five or six days with parathyroid opotherapy and

lactate of calcium. Tetany in this case does not necessarily mean that the parathyroids were injured, although it is still within the range of possibilities that on account of some abnormal anatomical condition a slight injury to their nervous and blood supply might have occurred, thus putting them in a state of temporary insufficiency. It is more probable, however, that for some reason or another, they had been temporarily inhibited in their function. Some parathyroids, like some other organs, may normally have a reduced functional capacity; they may be congenitally weak, too. In ordinary conditions, however, they are still able to meet the physiological requirements of the metabolism, since their insufficiency is only potential. But let them be confronted with some abnormal condition, then they at once become insufficient to their task.

Prognosis.—The prognosis of postoperative tetany depends upon the quantity of parathyroid tissue left. The more removed, the worse the prognosis. In the first case reported by Erdheim, where no parathyroid tissue was found, death occurred three days after accidental parathyroidectomy. In the second case, where the one parathyroid found was necrotic, and in the third case, where two tiny parathyroids were found imbedded in the thymus, death occurred seventeen days after. Most probably, in the two latter cases, death was delayed on account of some partial function of the parathyroids present. If the two accessory parathyroids found in the thymus had been large enough and could have undergone a sufficient compensatory hypertrophy, death very likely would not have taken place. Most likely, some of the cases of chronic tetany which we sometimes observe can be explained in the same way: the normal parathyroids for some reason or another, having ceased to functionate more or less entirely, the accessory parathyroids partially supply their function but are not capable, however, of offsetting the loss of the main parathyroids.

The course of tetany in experimental pathology is the same as the one seen in human beings. The disease may become extremely acute or may take a very chronic, slow course. Exacerbations without any apparent cause are apt to be observed. In animals tetany differs materially with the species of animal involved. For instance, dogs develop a markedly acute and rapidly fatal tetany after complete thyroidectomy, while monkeys show a more chronic form of the disease. In human beings, too, we observe a great variety in the form and intensity of tetany. From the most severe forms, which are rapidly fatal, to the lightest form of the disease, all stages can be found. Postoperative tetany, no matter if severe or light, must always be considered as a serious complication, since we know that even the lightest form of tetany will, for no apparent reason, suddenly show marked exacerbations which may terminate in death. Von Eiselsberg seems to think that when

tetany occurs late, that is, after a certain period of time after operation, its prognosis is more serious than in cases of tetany occurring at an earlier period.

Postoperative tetany may retrocede spontaneously in about 35 per cent. of the cases. When death takes place it is caused by spasm of the glottis, of the diaphragm, or of the bronchi. Postoperative tetany has a great tendency to become chronic. When such is the case it becomes a troublesome disease since it is hard to manage by therapeutic treatment.

Treatment of Tetany.—*Opothrapy with fresh parathyroids* taken from cattle or horses has proved effective in a great many instances. Parathyroids may be given, too, in dry form either in powder or tablets. The results, no matter whether the parathyroids are taken in fresh or dried states, have not always been satisfactory. At any rate, large doses of parathyroids must be given in order to obtain good results.

Having observed that in tetany, elimination of calcium is enormously increased, and that the treatment of such animals with calcium strontium and magnesium diminishes the excitability of the motor nerves to such an extent that the spasmodic contractions disappear, MacCallum and Voegtlin thought that tetany was due to a poisonous substance circulating in the blood and depriving the tissues of their calcium content. They consequently advocated the use of calcium in treating parathyroid insufficiency, the results of which have been very satisfactory. Other authors as Parrhon, Urech, Berkeley, Beebe, Bell, Martin, Biedl, have confirmed these findings and results. They claim that calcium, strontium, and magnesium act directly upon the nervous trunks and render them incapable of transmitting the nocuous impulses causing the tetanic convulsions. Musser was able to check tetany in twenty-four hours after administering calcium lactate to one of his cases. Halstead, while treating a chronic case of postoperative tetany, replaced the parathyroid opothrapy by lactate of calcium and obtained excellent results. Arthus and Schaefermann, on the other hand, did not obtain good results with calcium treatment.

Calcium is best used under the form of lactate. *Lactate of calcium* is given by mouth or rectum in a 10 per cent. solution, 4 grams every three hours, or subcutaneously in a 5 per cent. solution. The only inconvenience connected with this medication is that it must be given in increasingly large doses. Furthermore, the cure is not permanent but lasts only as long as the medicament is used. If the patient still possesses some parathyroid tissue, calcium lactate may tide the patient over the danger period until the parathyroid tissue has undergone compensatory hypertrophy.

Hot packs, too, are a good therapeutic measure in the treatment of tetany.

Grafting of the Parathyroids.—Two different conditions may occur.

1. During operation a parathyroid may be inadvertently removed. In that case there must be no hesitancy as to what should be done. This parathyroid must be reimplanted at once in the thyroid tissue which is to be left *in situ*, as shown by Halstead. The thyroid is selected on account of its rich vascular supply. The chances for success for this autotransplantation are very good. We know that experimentally it has been shown time and time again that autotransplantation could be made successfully. Christiani, for instance, showed that transplanted parathyroids could be still physiologically active five years after transplantation.

2. We may have to deal with a patient who, during operation has been deprived of one or more parathyroids, and in whom a marked parathyroid insufficiency sometimes occurs later. In such cases, of course, autotransplantation is out of the question. We must resort to *heterotransplantation*. We know experimentally that in the majority of these cases this method has proved to be a failure. Its effects, as a rule, are only temporary and last only during the time necessary for the grafting to become absorbed. Consequently, if one wishes to resort to this method he must be sure that there exists a parental relationship as close as possible between the donor and the recipient. The ideal would be to obtain a parathyroid from someone closely related to the patient, as father, mother, or sister. Not only such close parental or family relation is of importance, but the age, sex and the conditions of the life of the donor and recipient should be approximately alike, since it is easily understood why a parathyroid removed from an old man and transplanted into a young child will have less chance to be successful than if the donor were also a child. If all these requirements are met, the grafting may then become permanent. Such an operation becomes, more strictly speaking, a *homoiotransplantation*.

In order to be successful the homoiotransplantation must take place in an individual in whom parathyroid insufficiency is well defined; if that is not the case the grafting will not "take." This fact has been demonstrated experimentally by Halstead, Christiani, and others. On the other hand, Iselin has shown that if parathyroid insufficiency is very marked, the chances for the grafting to "take" are greatly diminished. All this shows that the conditions of nutrition must be of a certain kind to allow the grafting to become successful. In such cases it is better to submit the individual to be grafted to a previous treatment with lactate of calcium or to parathyroid opotherapy.

The results of grafting should not be expected to become noticeable before six to ten weeks.

Have we the right to parathyroidectomize an individual, even partially,

in order to benefit another? The importance of the parathyroids is too vital to deliberately remove one or two parathyroids from one patient in order to benefit another. I do not think a surgeon should do so even with the consent of the donor, for who knows whether the parathyroid tissue left will be sufficient to meet not only the physiological purposes, but also the increased demands made upon the system, when pathological conditions occur, as infectious diseases, etc.? A woman who is liable to become pregnant should never be deprived knowingly of one or more of her parathyroids, because eclampsia seems to be too closely associated with parathyroid insufficiency. At any rate, if one wants to transplant a parathyroid from one individual to another, it should be done only after having ascertained by dissection that the others are seemingly normal. Everyone who has had some experience with the dissecting of that region knows how difficult it is sometimes to find the parathyroids. At any rate, it would mean a long, tedious work which might endanger the life of the very organs one is taking so much trouble to save. Homoiotransplantation should, consequently, not be undertaken unless for some especially strong motives.

The only possibility which then remains is to take, as Kocher did, the parathyroids from someone who has just died by suicide, or as Pool did, from someone who had died from a disease which would not prove to be detrimental to the recipient. The shortest possible time should be allowed to elapse between the removal and the transplantation. The best thing to do is to dissect the parathyroids as soon as possible after death of the donor and to put them in a warm Locke solution, or better, in the blood serum of the recipient himself while he is being prepared. The method known as the *method en semis*, spoken of when dealing with transplantation of the thyroid, may be used here, especially if the parathyroids are of good size. One or more parathyroids may be used.

The place of choice for parathyroid transplantation is the same as for thyroid transplantation. It may be done either in the abdominal walls between the muscles and the peritoneum or in the tibia. The thyroid itself and the spleen should afford good chances for success. The same rules indicated for thyroid grafting apply for parathyroid transplantation. The operation should be done very rapidly; the glandule should be handled with greatest care and gentleness; hemostasis of the cavity where the grafting is done should be absolutely perfect, and no antiseptic whatsoever should be used for the instruments, the hands, etc.

Pulmonary Complications.—For a long time pneumonia and bronchopneumonia had been among the postoperative complications threatening most the life of the goiter patient. This was due partly to the fact that at that time large goiters with their complications were fre-

quently seen and partly to the indiscriminate and ignorant use of the anesthetic. Nowadays the operations are done to patients whose general condition is better. We understand the use of the anesthetics better, and we are more skilful in administering them. Consequently pneumonia and bronchopneumonia are certainly much rarer complications than formerly. In all my cases I have had only once a case of pneumonia, and that was following tracheotomy.

Postoperative Dysphagia.—After operation for simple or toxic goiter the patients often complain of dysphagia for twenty-four to forty-eight hours. This is likely due to the involvement of the esophagus in the aseptic inflammatory processes following the operation, and possibly to the injury of some of the pharyngo-esophageal plexus, during the various manipulations occasioned by the removal of the goiter.

Postoperative Hematoma.—Despite the greatest care in ligating every bleeding vessel, and especially when no drainage has been used, postoperative hematoma is sometimes observed. It is an unpleasant but insignificant complication. This postoperative hematoma is better left alone. It often drains spontaneously ten to fifteen days after. If not, and if at that time the swelling is still marked, some of the blood may be aspirated with an aspirative syringe, cautiously in order to avoid a fresh hemorrhage *a vacuo*.

Raising of the Scar.—In spite of the greatest care on the part of the surgeon, some patients will sometimes “raise” a scar and form large, thick, unsightly elevations resembling cheloids. In some cases the surgeon is really not to blame for this since it is a pathological peculiarity of the patient. In the majority of cases the raising of the scar, however, is due to a “bevelled” incision. Hence the necessity for using a fine, sharp knife and of holding it perpendicular to the skin while cutting.

After-treatment.—I cannot do better than to quote the entire section of Ochsner’s paper bearing on this subject:

“By far the most important point in the surgical consideration of this condition consists in the after-treatment, because with careful after-treatment almost all of these patients may become nearly as useful as they were before they began to suffer from exophthalmic goiter, while in cases in which the after-treatment is not carefully carried out, practically all of these patients develop a condition as bad, if not worse, than that with which they presented themselves primarily for surgical treatment. The surgeon should bear in mind, in the first place, that practically all of these patients belong to a class of neurotics, and that this undoubtedly had much to do with the development of their goiters primarily, and that unless this condition is carefully taken into consideration in the after-treatment, the weakened physical condition of the patient will not be able to bear the wear and tear to which the neurotic

tendencies would surely expose the patient. The same is true concerning the diet which is habitually chosen by the patients, which is usually exceedingly unwholesome, and it is consequently important that they be impressed with the fact that unless they will adhere to the use of a reasonable diet, their chances for permanent recovery will be very slight. We have always given these patients printed directions which contain all of the important rules to be observed, and we have advised the patients to read these directions at regular intervals and to follow them for many years. The following is a copy of the directions which we use in these cases, and which have proved eminently satisfactory. The patient received a mild tonic and a laxative and an absolute diet list upon leaving the hospital.

Rules for Goiter Patients.—1. You should avoid all excitement or irritation, like attending receptions, shopping, church work, and politics.

2. You should get an abundance of rest by going to bed early, and taking a nap after luncheon.

3. You should have an abundance of fresh air at night, consequently you should sleep with wide-open windows or on a sleeping porch.

4. You should eat and drink nothing that irritates the nervous system, like tea, coffee, or alcohol. Of course you should not use tobacco in any way.

5. You should eat very little meat. If you are fond of meat, take a little beef, mutton, or breast of chicken, or fresh fish once or twice a week, or at most, three times a week.

6. You should drink a great deal of milk or eat things that are prepared with milk, such as milk soup, milk toast, etc.; cream and buttermilk are also especially good for you.

7. You should avoid beef soup or beef tea or any kind of meat broths.

8. You should eat an abundance of cooked fruits and cooked vegetables or very ripe raw fruits, or drink fruit juices prepared out of ripe fruits.

9. You may eat eggs, bread and butter, toast, rice, cereals.

10. You should drink an abundance of good drinking-water, or if this is not available, you should boil your drinking-water for a few minutes or drink distilled water."

CHAPTER LI.

THE THYMUS GLAND.

Synonyms.—English, sweetbread; French, riz-de-veau; German, Briesel, Brösel, Kalbsmilch, Lactes.

History and Etymology.—The first mention of the thymus gland in the literature was made by Polydeukes and Rufus, while Vasal and Bartholinus were the first to give descriptions and pictures of it. For some authors the word “thymus” comes from the Greek word *θυμος* which means “the thyme” and was used to designate the gland on account of some resemblance in the shape of the thymus gland and the leaves of that plant. For Galen the word, “thymus” comes from the Greek *θυμός* which means “courage” and was applied to the thymus on account of the intimate relation of that gland with the heart.

Embryology.—The thymus gland is present in all the vertebrates; it has not yet been found in the *Amphyoxus*. Developed from the third branchial cleft, the thymus lies at first in very close contact with the thyroid and the parathyroids. Later on, however, in embryonic life the thymus passing in front of, very seldom behind, the left innominate vein, descends into the superior mediastinal space and spreads over the pericardium, thus becoming entirely intrathoracic. Grosschuff, in 1896, showed that the thymus did not take its origin from the third branchial cleft alone, but that in a great number of animals such as the dog, goat, sheep, etc., the thymus is developed from the fourth branchial cleft also. This close relation of the thymus with the thyroid and the parathyroids will explain the origin of the thymic nodules which are found, not only around the lateral regions of the thyroid, but also in the midst of the parenchyma itself. These intrathyroid nodules, according to Grosser and Betke, are more or less constant in young children up to two or three years of age. They are frequently found in specimens of later life, provided, one searching for them takes the time to make seriated slides. The knowledge of the existence of such accessory thymic nodules is important since it has been shown experimentally that after complete thyroidectomy these nodules undergo a compensatory hypertrophy. They may also play a part in the production of hyperthyroidism; finally, they may give rise to the development of tumors.

In early embryonic life each lobe of the thymus has an excretory canal connecting the gland with the third branchial cleft. This is called

PLATE XXVII



Thymus of Newborn Baby (Natural Size).

Note that the thymus fills almost the entire mediastinum and extends upward as far as the thyroid gland. The figure illustrates very well what is called the “cervical” and the “intrathoracic” portions of the thymus. Note, too, the vessels extending from the thyroid to the thymus.

the *thymopharyngeal duct*. This canal, however, undergoes atrophy in the beginning of the third month of embryonic life. Like the thyroglossus duct, the thymopharyngeal duct sometimes remains patent, thus causing the production of cervical fistulæ whose feature it is to be always lateral, while the fistulæ developed from the thyroglossus duct are always median. Thymopharyngeal fistulæ begin on the lateral wall of the pharynx a little below the fossa tonsillaris; extend downward, passing above and in front of the hypoglossus nerve, then run between the carotids and reach the inner border of the sternocleidomastoid muscle, which they follow until they break through the skin, usually a little above the clavicle. In other instances the thymopharyngeal duct becomes obliterated partially, so that only portions of it remain. These portions are then liable to give rise to cystic or solid tumors. The thymopharyngeal canal, like the thyroglossus duct, is lined with ciliated epithelium, which in some instances, however, may be low or cuboidal.

Histology.—Histologically, the thymus is composed of two portions, the *cortical* and the *medullary*. The medullary portion is composed of a meshwork of giant and syncytial-like cells and of Hassal's *corpuscles*; lymphocytes are found here only in moderate numbers. On the other hand, the cortical portion is composed of basophile lymphocytes and eosinophiles mostly. The eosinophiles are very abundant from the seventh month of embryonic life up to a few months after birth; they then diminish very rapidly in number during the first years of life and are mostly absent after the tenth or twelfth year. No one is yet clear as to the origin and real significance of Hassal's corpuscles. By some they are regarded as of epithelial origin, while by others they are considered as the remainder of the thymic ducts. The thymus must be regarded as a *lympho-epithelial* organ.

Surgical Anatomy of the Thymus.—The thymus is formed by two lobes which are in close relation, one with the other, but entirely independent; no isthmus is present.

The thymus lies in the upper and anterior portion of the mediastinal space, just behind the manubrium and corpus sterni. It covers the basis of the heart, the origin of the thoracic vessels such as the aorta, pulmonary artery, the innominate veins and arteries, and the vena cava and the trachea (Plates XXVII and XXVIII). Furthermore, the thymus comes in contact with the vagus, inferior laryngeal and phrenic nerves; laterally, it comes in contact with the pleural membrane. In cases of extreme hyperplasia, the thymus covers the entire pericardium and may reach the diaphragm. In children the upper pole of the thymus extends, as a rule, 1 or 2 cms. above the episternal notch. Sometimes these poles come in contact with the lower poles of the thyroid. In adults the thymus when hypertrophied does not, as a rule, extend very

far above the episternal notch. Between the upper poles of the thymus and the lower poles of the thyroid a connective-tissue ligament containing thymic vessels coming from the inferior thyroid artery is more or

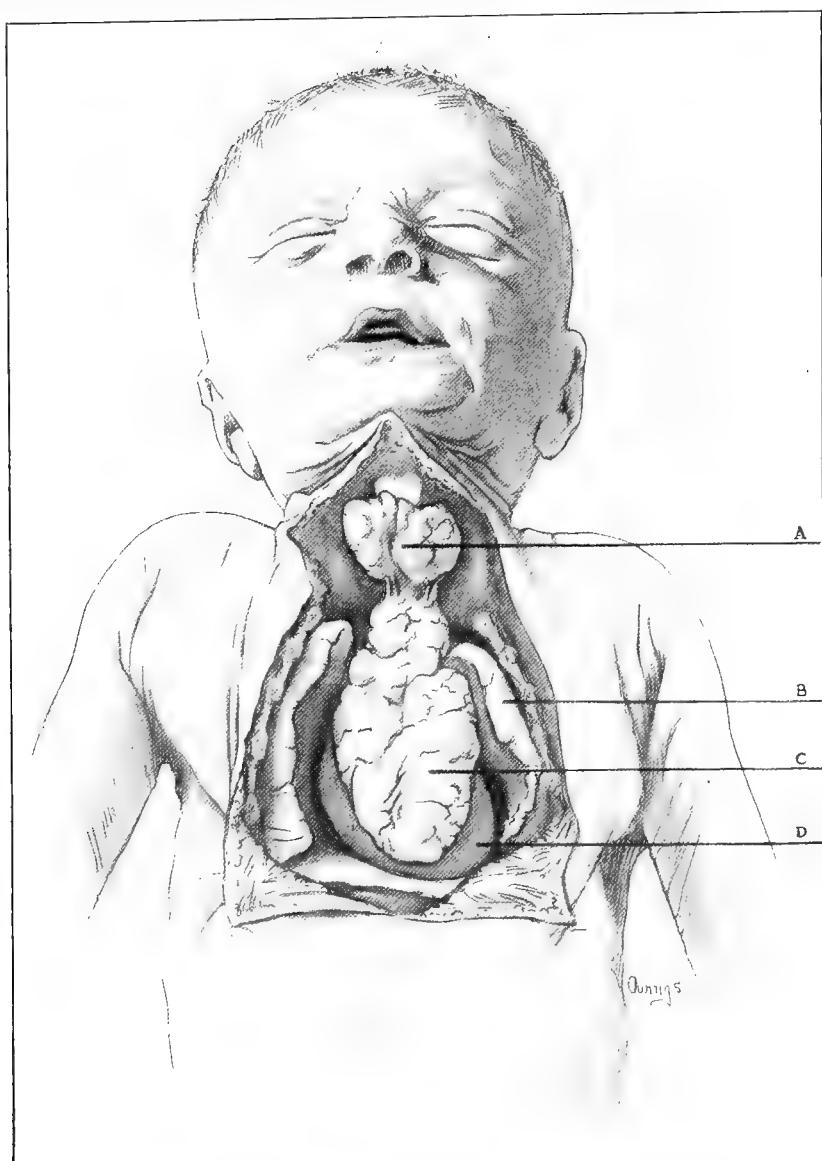


FIG. 90.—A, thyroid; B, lungs; C, thymus; D, heart.

less always present; this ligament is called the *thyrothymic ligament*. (Plates XXVII, XXVIII and Fig. 90.)

The blood supply of the thymus comes from the inferior thyroid and the internal mammary arteries; sometimes direct branches are given

off from the subclavian artery. From below it receives blood from a pericardiophrenic branch. (Plate XXVIII.) Its lymphatics run into the intrathoracic lymph nodes. The nerve supply comes from the sympathetic, the vagus, and according to Marfan, from the phrenic.

Involution of the Thymus.—It was formerly thought that the thymus after birth grew up to the second year, then gradually diminished and disappeared more or less entirely after the thirtieth year of life. Today it is more generally understood that the thymus is an organ belonging to the period of development. As soon as the physical development has reached its completion, the organism seems to have no more need of that organ, hence its atrophy. Consequently it must be expected that we find this gland increasing in size and weight during the period of growth, and so it is. According to Hammar this gland reaches its maximum of size between the eleventh and fifteenth years, its normal weight being about 37 grams. It then diminishes gradually until vestiges only are found in later life. The first to disappear are the cortical and next the medullary portions; in the final stage of involution Hassal's corpuscles only are found as the last vestiges. This is known as the *physiological involution*.

The following table of weights of the thymus at varying ages is given by Hammar:

Newborn	13.26 grams
1 to 5 years	22.98 "
6 to 10 years	26.10 "
11 to 15 years	37.52 "
16 to 20 years	25.58 "
21 to 25 years	24.75 "
26 to 35 years	19.87 "
36 to 45 years	16.27 "
46 to 55 years	12.85 "
56 to 65 years	16.08 "
66 to 75 years	6.00 "

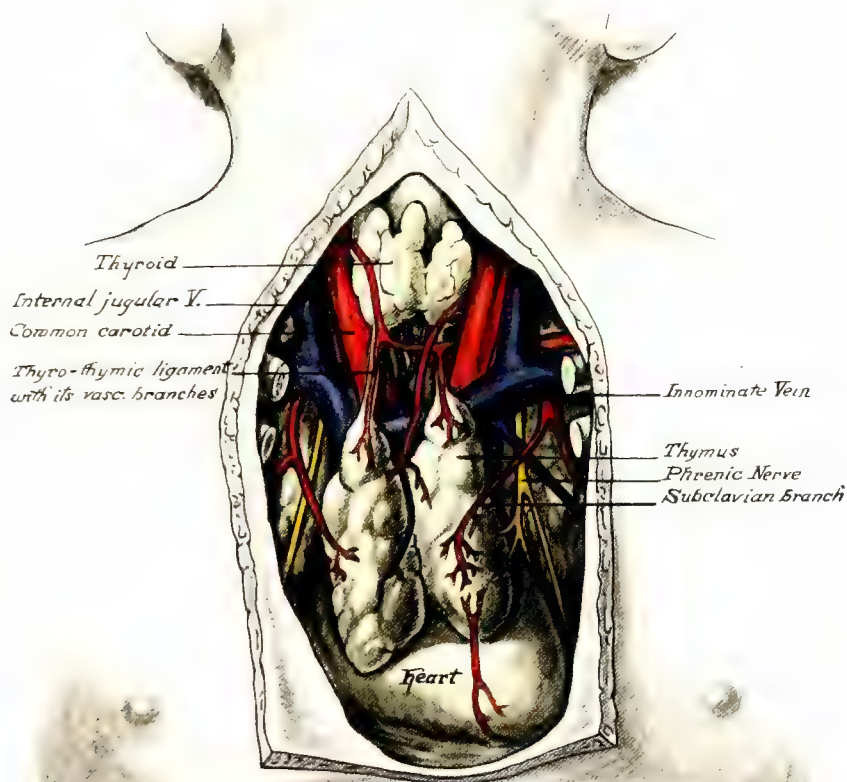
It is an interesting fact that the thymus of animals undergoes a very marked involution when the animals are starved for a certain period of time, and that both the cortical and medullary portions of the thymus undergo atrophy, while the connective tissue increases. At the same time fatty degeneration invades the gland. This is known as the *pathological involution*. The same involution takes place in pathological conditions especially in acute diseases such as pneumonia, nephritis, etc. Usually, the involution is a temporary one and when the acute process is over, the organ returns to its previous normal condition. In diseases of standing, however, this is no longer true; there the thymus undergoes a sclerosis which remains permanent. Involution is then permanent.

Experimental Pathology of the Thymus.—After total thymectomy there is at first no change in the external habitus of the animal. Three or four weeks later, however, the animal begins to show retarded growth and diminution of weight and acquires a spongy, pasty appearance due to fatty degeneration. Here we have the stage of increased adipose tissue. Cachexia, however, soon follows that stage. The hair falls out; extreme muscular weakness takes place, and a marked tremor becomes apparent. The animal becomes apathetic and gradually enters into a state of idiocy similar to the one seen in thyroid insufficiency. This cachectic stage may last from three to twenty months, and then death takes place after the animal has been in a state of thymic coma with absolute loss of consciousness lasting several days. In cases where the removal of the thymus has not been complete, regeneration of the gland may take place, and a gradual restoration to health may follow.

Skeleton.—Complete thymectomy performed in very young animals has a marked effect upon the after-development of the osseous system, as was shown by Klose, Matti, and others. The bones become soft and rachitic, showing curvatures and deformities. This osteomalacia, involving especially the spinal column, affects also the pelvic bones, thorax and skull. From an histological point of view one will see that the epiphyseal line is abnormally enlarged and very irregular; that the bones show a deficiency of calcareous compounds in the cortical portion, and that, instead of 65 per cent. of calcium salts which bones normally contain, they have only 32 to 34 per cent. of these salts, while the trabeculae of the spongiosa are thinner and fewer. The changes occurring in the skeleton following thymectomy must be regarded as similar to those found in rickets, and are caused by a deficiency of calcareous material in the osseous system. If this insufficiency occurs in a growing skeleton, rickets with all its deformities will follow, but if this insufficiency occurs in an already fully developed bone, osteomalacia and osteoporosis only will be the results.

Nervous System.—In thymectomized animals H. Vogt found swelling of the brain, of the ganglia and the glia cells, and he found, too, an increased amount of gray matter. The ganglia and the glia cells are not only swollen, but are also degenerated. This swelling of the nervous elements is due to an increased retention of water among the elements, most likely due to an increased acidity of the blood serum. This acidosis may be caused by an actual increase of the acid contents of the blood, or may be due possibly to the absence of substances destined to counterbalance the acidity. This fact, too, is exceedingly interesting and of practical importance, because as we know, acidosis frequently follows an operation for exophthalmic goiter and is always a dreaded complication, since it often terminates in coma and death.

PLATE XXVIII

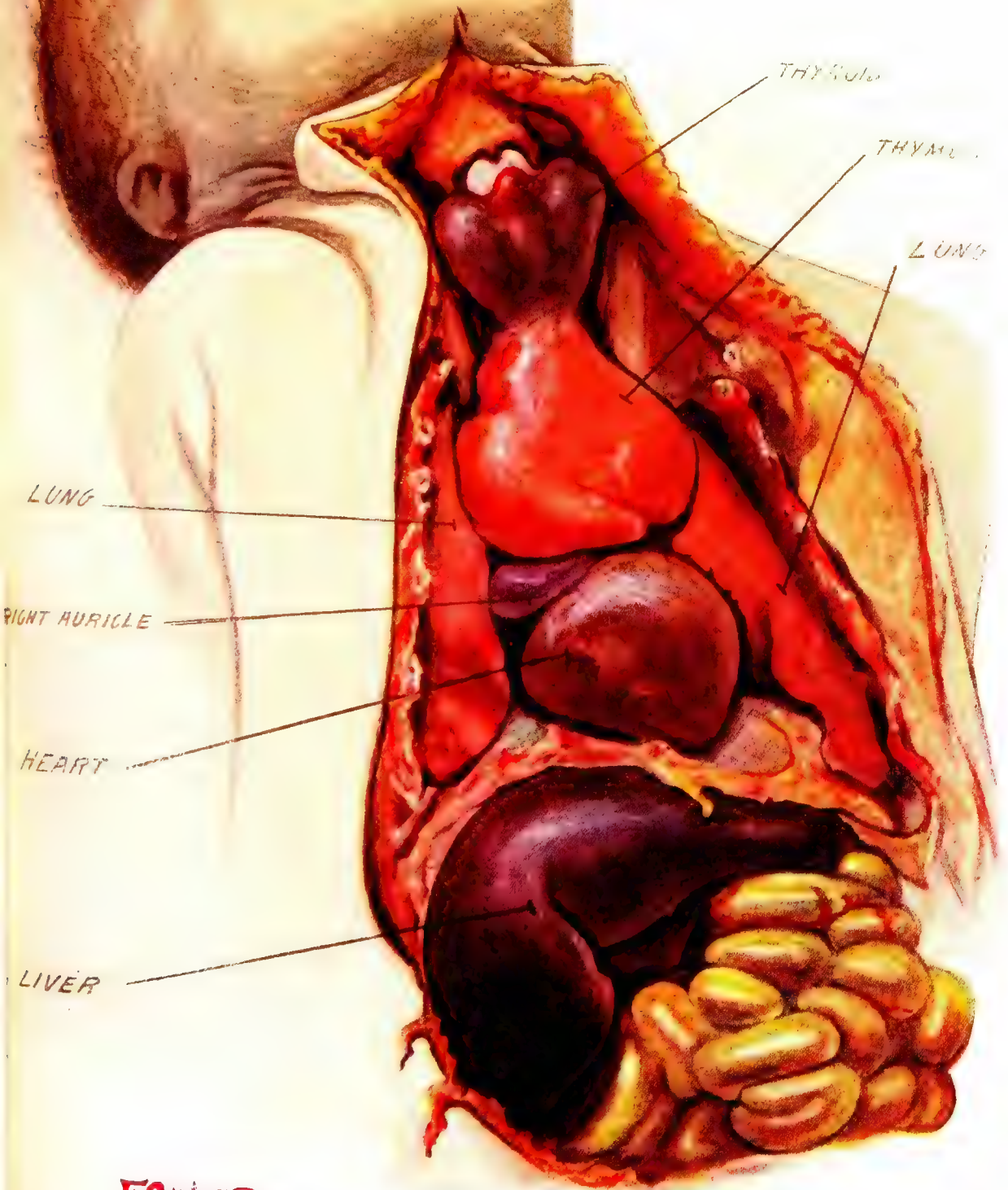


Normal Anatomical Relations of the Thymus to the Other Organs.

PLATE XXIX

Newborn Baby Having Died a
"Thymic Death."

Note the enormous size of the thymus compared with the size of the heart. Note, too, the intimate relation between the thymus and thyroid through the thyrothymic ligament.



Muscular System.—After a certain period of time thymectomized animals show an extreme muscular weakness and tremor. The muscles have lost their striation; their sarcolemma and external perimysium have become thickened and swollen; the muscular fibers are atrophied; the connective tissue is very much increased and swollen; the actual content of the musculature is manifestly decreased.

At first these findings seem to throw some light toward a satisfactory explanation of the muscular symptoms seen in Basedow's disease. Indeed, the muscular asthenia seen in such cases is exceedingly marked. It would therefore seem that most of these muscular symptoms seen in thyrotoxicosis are due to thymus insufficiency, yet it is a well-known fact that in Basedow's disease the thymus, instead of being atrophied, is hyperplastic. On the other hand, we know that myasthenia gravis is often accompanied by thymus hyperplasia. The musculature in such cases shows marked pathological changes such as round-cell infiltration, fatty degeneration, etc. Whatever the final explanation may be, we must admit, nevertheless, that there is some relation between the thymus and the muscular system.

Interrelation of the Thymus to the Organs of Internal Secretion.—As shown by such authors as Basch, Matti, and Klose, there is an intimate relation between the thymus and the thyroid. After thymectomy the thyroids of animals used for experimentation become manifestly hyperplastic; the follicles become larger, the epithelium higher, having the tendency to become cylindrical; in short, the thyroid gland shows in a general way the histological picture of the thyroid gland seen in Basedow's disease. The reverse is true, too, namely, that after thyroidectomy the thymus undergoes hyperplasia. This fact is also of great practical importance since it will allow us to understand why after an operation for goiter we may have to deal with mechanical as well as functional disturbances due to an increased thymic hyperplasia.

In 12 cases of *mors thymica* in newborn, Hedinger found 7 cases with enlargement of the thyroid gland. In goiterous regions, especially in Bernese regions where goiter is endemic, the thymus hypertrophy and struma in newborn is exceedingly frequent. In 1910, in the Bernese Pathological Institute, 44 postmortems of newborn were made. In 12 of these cases the thymus hyperplasia was extremely marked and the goiters were of large size. In several cases the hyperplasia of the goiter and thymus, although quite marked, was not as pronounced as in the cases just mentioned, and only in 3 cases were there concomitant goiters. In adults this combination of thymus hyperplasia and goiter is extremely frequent, as has been reported by Virchow, Gluck, Wiens, Weber, Nettel, Kaufmann, Rössle, Hart, and myself.

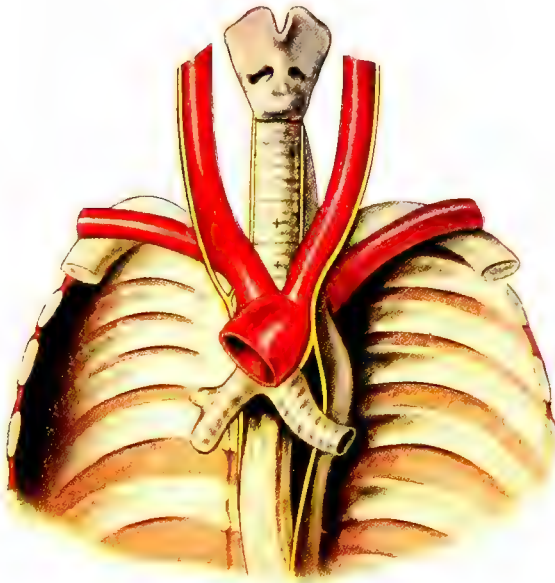
The parathyroids, too, undergo a marked hyperplasia after thymectomy.

It is a very interesting fact, too, that after thymectomy the suprarenal bodies undergo marked hyperplasia whereas, in cases of thymic hyperplasia the chromaffin system seems to be decidedly diminished, hence the conclusion that there is possibly an antagonism between these two systems. The same is true for the genital system, so that there seems to be a decided antagonism between these two apparatuses. After complete thymectomy the testicles become manifestly hyperplastic. It has been generally observed that in cases of status thymolymphaticus the development of the genital apparatus is very much retarded, while, on the other hand, it seems that in young individuals whose genital system is prematurely developed, the involution of the thymus occurs at an earlier period. This is another point in favor of considering the genital apparatus and the thymus as two antagonistic systems.

Status Thymolymphaticus.—Thymus hyperplasia is not infrequently combined with a concomitant hyperplasia of the entire lymphatic system. The tonsils and adenoids are enlarged; the lymphatic ganglions and their follicles are hyperplastic; the follicles of the basis of the tongue are markedly increased; the spleen is larger than normally; the adenoid tissue of the entire lymphatic apparatus is involved. This condition is known as the *status lymphaticus* of Paltauf. When there is a concomitant hyperplasia of the thymus the condition is then known as *status thymolymphaticus*. This condition is accompanied by a reduced caliber of the aorta and of the arterial system. The patients affected with status thymolymphaticus are pale, yellowish in color, although more or less well nourished. It is often said of them that they have a lymphatic habit, a condition which is more easily recognized than described. Such patients have a diminished resistance; they are more vulnerable to and stand a good deal less than others, bacterial and toxic influences. Their nervous system is impaired; their cardiac function, for some reason or other, is easily inhibited and death from cardiac paralysis in such cases is frequent.

Thymic Tracheostenosis.—The most striking symptom of thymic hyperplasia is dyspnea. This may be characterized by a labored respiration only, or by the most intense choking spell. Between these two extremes all forms of transition are found. Dyspnea may be constant or intermittent, and with or without acute paroxysms. Between attacks respiration may be normal. There may be a constant and persistent inspiratory stridor, and in extreme dyspnea, an expiratory stridor may also be found, which, however, is less marked. The choking spell may occur without cause, or when the child cries from pain or anger. Hyper-

PLATE XXX



The relation of the innominate of the common carotid and aorta to the vagus and inferior laryngeal nerves. It will be easily seen how a tumor compressing and displacing these large vessels will put the inferior laryngeal nerve on the stretch, thus causing closure of the glottis and choking spell. The figure shows, too, where compression on the windpipe by the thymus will take place.

PLATE XXXI

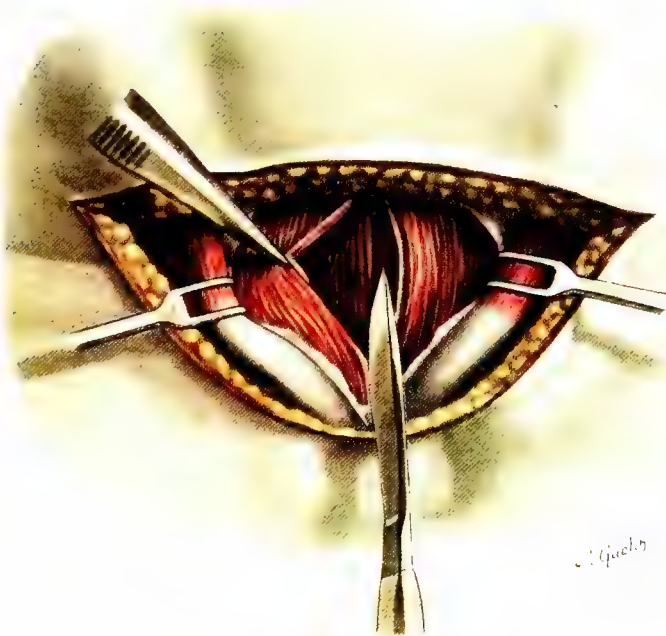
FIG. 1



Thymectomy.

The two flaps obtained after the transverse incision has been made are retracted and the superficial cervical fascia is grasped between two forceps and cut in the middle line.

FIG. 2



Thymectomy.

The prethyroid muscles are divided in the middle line and retracted laterally.

extension of the head or dorsal decubitus exaggerates dyspnea. This would explain why dyspnea is more marked during sleep than during waking hours. The choking spells may last but a few minutes, or a few hours, or a few days, and then respiration becomes normal again. In other cases death ensues. In certain cases the child dies at the beginning of the choking spell.

This dyspneic condition begins, as a rule, in the first weeks or months, diminishes during the second year of life and is seldom found after this period. This may be due to the fact that the gland normally retrocedes after the second year of life and that the superior opening of the thorax becomes larger with the growth of the child.

In children the dyspneic symptoms due to thymic hyperplasia may be *acute or chronic*.

Acute Symptoms.—Certain cases of asphyxia of newborn babies can be explained only by thymic hyperplasia. In such cases the child is born apparently dead, so that it often takes quite a long time to bring it back to life. Cyanosis is marked, breathing remains difficult and loud; in many instances the child dies after a few minutes or hours. Post-mortem examination shows compression of the windpipe by a hyperplastic thymus (Plate XXIX). In other instances the child may have been in good health for weeks or months when a most unexpected choking spell comes up. Suddenly, without any apparent cause, or possibly after a few spells of moderate dyspnea to which little attention has been paid, the child throws his head backward and makes intense efforts to get his breath. He rolls his eyes upward and his face, especially the lips and tongue, become cyanotic and swollen. The veins of the neck are congested, and a loud stridor is present. The entire accessory respiratory musculature is called into play. A marked "tirage" of the supra- and of the infra-sternal fossæ is noticed. Soon, however, everything relaxes and the pupils become widely dilated; cyanosis subsides and is soon replaced by a gray, ash-like color; the lips and tongue become livid. The child is dead. No one has had time fully to realize what was going on. We have all lived through such cases and have all remained stunned and speechless at the sudden and unexpected outcome of the drama.

Chronic Form of Thymic Hyperplasia.—Fortunately, all cases do not have such a fulminating character. The choking spells are not all fatal; they subside soon and are replaced by intervals of quiet and easy breathing. Often, however, the respiration remains labored all the way through the attack. These cases are the ones in which an early recognition of the condition and prompt surgical treatment will save the patient's life.

In children what might be termed a latent thymus hyperplasia may

exist for a longer or a shorter period of time. Such cases, as a rule, do not come under surgical jurisdiction. They are seen by the family physician who finds that the child is in poor general condition and suffering from some vague respiratory disturbances. The physician

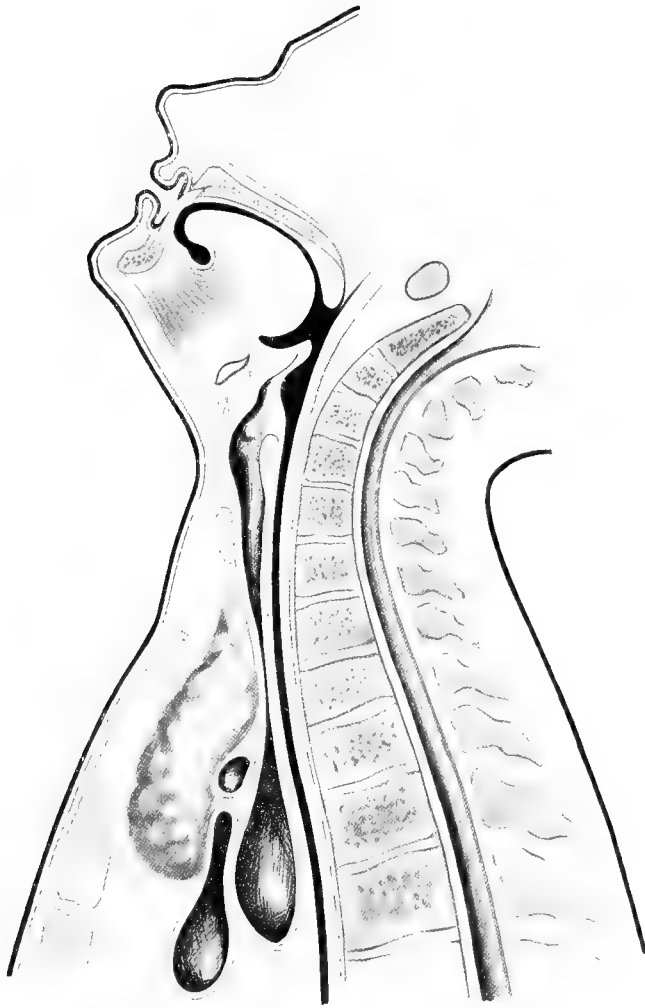


FIG. 91.—Showing how the thymus during hyperextension of the head or coughing comes up like a wedge and is caught at the superior opening of the thorax, thus compressing the trachea.

may or may not connect these symptoms with thymus hyperplasia; but even if he makes a correct diagnosis the parents will likely never consider an operation necessary until more decided dyspneic symptoms are present. But unfortunately, sudden death is sometimes the first symptom which reveals the latent form of thymus hyperplasia, and in

a great many cases this unsuspected condition is revealed only at the autopsy. Today, however, since we know a little more of this pathological condition, I believe that this fulminating form of death without any prodromic symptoms is rare. As a rule the learned physician will find in the history of these cases a few symptoms which, if well interpreted, will arouse the suspicion, at least, of a hyperplastic thymus. As in Bright's disease, so there are in thymus hyperplasia, too, some minor symptoms which will lead the physician to a correct diagnosis. But it is just because such symptoms have not been carefully observed that the diagnosis of thymic hyperplasia is not made; as a result the child is found dead in his bed; autopsy shows a large thymus compressing the windpipe.

Explanation of the Choking Spells and of Thymic Death.—How are we to explain the pathogeny of these choking spells? Pressure may take place at two points:

1. At the superior opening of the thorax.
2. In the thorax.

Pressure at the Superior Opening of the Thorax.—We know that in young infants the anteroposterior diameter of the superior opening of the thorax is quite small and that it does not exceed 2 or 3 centimeters. Because of the relation of the thymus with the thyroid, with which it is connected by the thyrothymic ligament, the thymus will follow the up-and-down movements of the windpipe and larynx, during the various acts of swallowing, coughing, and hyperextension of the head, etc. A finger placed behind the episternal notch feels the impact of the rising thymus. Consequently the thymus when hyperplastic comes up like a wedge between the spinal column and the manubrium sterni (Fig. 91). There it is caught and constricted at the superior opening of the thorax, the so-called "critical space." Inasmuch as the bony ring which forms the superior opening of the thorax is non-elastic, the organs which it contains must necessarily undergo compression. Since the trachea lies immediately below the thymus it is the first to be compressed, hence the choking spells (Fig. 91).

If the superior opening of the thorax cannot increase its diameter, it can, on the other hand, diminish it, for instance, in the hyperextension of the head. In such cases the vertebræ are projected forward and in so doing diminish the anteroposterior diameter of the superior opening of the thorax, hence the further cause of dyspnea (Fig. 91). This would explain why in certain cases death has followed exaggerated hyperextension of the head.

With young children flattening of the windpipe will be so much the more apt to occur since in them the cartilaginous rings of the trachea are not fully developed.

Pressure in the Thorax.—Another place at which compression of the windpipe may take place, especially in adults, is the point situated between the innominate artery and the left common carotid (Plate XXX). This compression is not confined to one ring of the trachea alone, but extends over a certain portion of it. This is easily understood when we consider the anatomical relations of the thymus to the trachea in that region. Since the thymus presses on the anterior surface of the trachea in the space between the left common carotid and the innominate artery, and since the trachea lies in front of the spinal column, then in cases of sudden enlargement the thymus, being itself compressed between the spinal column and the sternum, must exert a compression on the trachea.

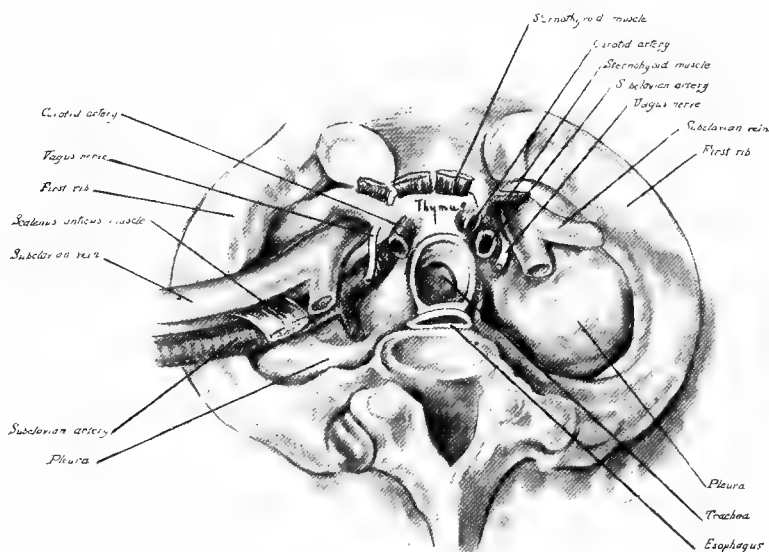


FIG. 92.—Superior opening of the thorax viewed from above in order to show the anatomical relations of the thymus with the other organs enclosed in "bony ring."

The first form of compression which takes place at the superior opening of the thorax, is found mostly in children, while the second, or thoracic form, which takes place as above mentioned, between the innominate artery and the left common carotid, is found mostly in adults.

Spasm of the Glottis.—Inasmuch as the hyperplastic thymus compresses the large vessels, namely, the aorta and the innominate trunk, and as we know, the inferior laryngeal nerve winds around these vessels, it will be easily understood that these nerves might become stretched by the displacement of these bloodvessels from the hyperplastic thymus (Plate XXX). We have already seen that irritation or stretching of the

inferior laryngeal nerve causes spasm of the glottis, despite the fact that dilators as well as constrictors of the glottis are supplied by the same nerve, the inferior laryngeal nerve. The reason lies in the fact that the constrictors of the glottis being stronger than the dilators, irritation of the inferior laryngeal nerve by stretching must cause a spasmodic contraction, instead of a dilatation, and consequently a spasm of the glottis. In such cases tracheotomy would save the patient.

In other cases I believe that direct pressure on the base of the heart and consequently on the heart ganglia, may be the cause of death.

In many instances, however, thymic hyperplasia whether accompanied or not by status lymphaticus does not interfere mechanically with the trachea, yet death takes place sometimes most unexpectedly and suddenly. I have in mind those cases of sudden death which take place during some intense nervous excitement such as coitus, etc., those of sudden death just before or during anesthesia, and those of sudden death following a cold bath, etc. In this respect Recklinghausen's case is an extremely interesting one. It was that of a boy who had fallen from a boat into the river, but was rescued at once before he had had time to swallow any water, yet when he was taken out he was dead.

In all these above-mentioned cases the only pathological findings were a thymic hyperplasia accompanied or not by a status lymphaticus, but compression of the windpipe was not present. What, then, is the explanation of such sudden death? Of course here everything is still hypothesis. The fatal issue in some cases may be explained by the sudden swelling of the thymus due to some exertion such as in crying, or to some interference with circulation. Possibly, in other cases the pressure over the basis of the heart, and especially over the cardiac ganglia, may have caused a sudden inhibition of the cardiac system; possibly, too, in certain vulnerable individuals with a nervous system in constant unstable equilibrium, the shock from the peripheral origin as was experienced by falling into cold water, for instance, was such as totally to inhibit the central nervous system. Possibly, too, the laryngo-tracheal reflex caused by the first few inhalations of the anesthetic agent was powerful enough to inhibit an already unstable cardiac system.

Most likely, however, in many instances the explanation must be an entirely different one, and we shall hold the solution of the problem only when the problem of internal secretion shall have been solved. As stated before, every organ contains several lipoids, each one possessing a different physiological property; the thymus and lymphatic apparatus do not escape this rule. In all marked cases of status thymolymphaticus, it has been found that a concomitant hypoplasia of the chromaffin system and especially of the suprarenal bodies

was present, hence the supposition of Wiesel that because the secretion of the suprarenal bodies is insufficient there is not enough adrenalin output to entertain a normal and constant excitation of the sympathetic system which is an excitatory system; consequently since the normal equilibrium between the sympathetic and vagus, which is an inhibitory system, is disturbed, the vagal inhibitory system takes the upper hand. These views are not all purely hypothetical inasmuch as Neusser, Eppinger and Hesse have shown that the thymic hormone is antagonistic to



FIG. 93

adrenalin and is vagotonic. As said before, it has been shown experimentally that after extirpation of the thymus there is a marked hyperplasia of the cortical portion of the suprarenal bodies. Furthermore, we know that usually such individuals with status thymolympaticus are vagotonic; they perspire freely, their respiratory rhythm is easily affected, their blood-pressure is below normal and their arterial system is lypotonic.

Diagnosis of Thymus Hyperplasia.—No matter what the accepted explanation may prove to be, all our efforts should be directed toward detecting the presence of thymus hyperplasia whether accompanied or not by status lymphaticus. In children the diagnosis is, as a rule,

easy. Percussion over the manubrium sterni reveals a dulness which, in cases of marked hyperplasia, overlaps on each side the ribs and cartilages (Fig. 93). Auscultation over that region reveals a prolonged expiration tubular in character. A finger placed above the episternal notch may not be able to feel the impact of the rising thymus during deglutition, coughing, etc. But the most certain way to detect in

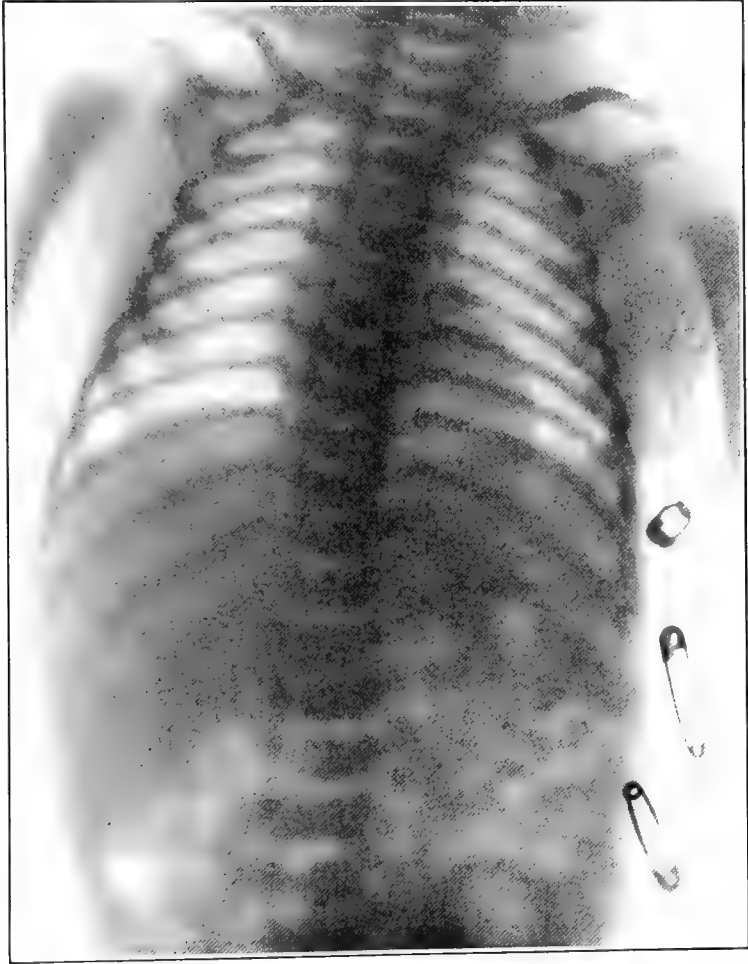


FIG. 94

children thymus hyperplasia is given by the x-ray (Fig. 94): the shadow, its form and location are, so to speak, pathognomonic and the diagnosis may be made with certainty. In adults, however, the diagnosis becomes more difficult. The dulness may be present, but may be absent, too. The shadow of the mediastinal space may often be typical, and allow a diagnosis, yet sometimes great difficulties are encountered in deciding

whether we have to deal with a thymus hyperplasia or not. One of my cases will illustrate this proposition very well. My clinical examination did not reveal any symptoms pointing toward thymic hyperplasia, consequently I decided clinically that a thymus was not present, yet the x-ray showed a shadow with some of the characteristics of thymic hyperplasia. I consequently concluded that I had been misled by my clinical findings, and that my conclusions were erroneous. However, not long after, a postmortem showed that no thymic enlargement was present.

X-ray Characteristics of Thymic Hyperplasia.—Normally, on a skiagram, the mediastinal space measures from 2.5 cms. to 3.5 cms. under the arch of the aorta; from 3 to 3.5 cms. at the arch of the aorta, and from 5 to 6 cms. at the conus arteriosus. The shadow of this region is dark, opaque, regularly distributed, and has definite limits. But in thymus hyperplasia there is a shadow which overlaps laterally this mediastinal shadow. The shadow may be found over one lobe more than over the other, or over both lobes in the same proportion. The shadow may be more or less triangular in shape, and may extend upward from the region of the auricle in a straight line or may follow to some extent the contour of the mediastinal shadow. Sometimes the region of one or both auricles may bulge out as if the auricles were overdistended, thus forming an angle between the ventricle and the auricle. In that case the base of the heart is enlarged and the enlargement is not in proportion to the size of the heart. The thymic shadow in some cases is superimposed on the base of the heart like a cap which fits right over the base of the heart. The character of this shadow differs extremely from the cardiac and mediastinal shadows. It is thin, transparent, soft, and regularly distributed and the edges are, as a rule, sharply limited and linear.

Differential Diagnosis of Thymic Hyperplasia.—It would be a mistake to believe that thymus enlargement is the only cause which may give a congenital stridor and respiratory trouble. Such conditions may also be found with malformations of the vestibulum of the larynx, with tracheobronchial glands and with adenoids. An accurate differential diagnosis must be made between these different forms of stridor.

The *congenital vestibular stridor* is seen after birth. It is entirely inspiratory and is not found on expiration, except in rare cases. Cyanosis is present, too, but the stridor and dyspneic symptoms disappear with intubation of the larynx, which is not the case for thymic dyspnea in children. The laryngoscopic examination when possible and the autopsy will show that this stridor is due to a malformation of the superior opening of the larynx. The epiglottis has a gutter or beak-like form, and is folded in the middle line. The plicæ aryepiglotticæ

of both sides come in contact one with the other; they are pulled down over the opening of the larynx and so diminish the orifice, hence dyspnea and stridor.

Stridor due to *tracheobronchial glands* is found mostly on expiration and with it the voice has a bitonal character. Furthermore, the thymic stridor is congenital; the tracheobronchial stridor is acquired. Percussion and radioscopy will reveal entirely different findings.

In *adenoids* there may be difficult and labored breathing which is more noticeable during sleep, but in such cases diagnosis will be easy.

Thymic stenosis should not be mistaken for a *retrovertebral abscess* or for an *acute laryngitis*.

In *laryngismus stridulus* the period of apnea is short, and respiration soon begins again. During the intervals it is usually normal. It is always a manifestation of a spasmogene diathesis and, furthermore, is always accompanied by other spasms or other stigmata (Erb's, Chvostek's, and Trousseau's symptoms).

Inasmuch as the hyperplastic thymus may come in contact with and compress the right and left auricle and ventricle, the superior vena cava, the aorta, the innominates, and the left common carotid, cyanotic symptoms, characterized by distention of the veins of the neck, by puffiness of both supraclavicular spaces, and by cyanosis of the face and distention of the large fontanelle, may be present. During paroxysm these symptoms become extremely marked. The veins of the neck are much distended and the fontanelle protrudes; the face is puffed and the child is in a semicomatose condition. The heart beats violently, or in certain cases stops altogether. When the paroxysm is over these symptoms retrocede, but in other cases death ensues. Autopsy shows that compression of the right ventricle and of the superior vena cava and aorta is very marked. In such cases the dyspneic symptoms are of secondary importance. The vascular symptoms dominate the scene and extreme repletion of the face and neck, distention of the large fontanelle, and the tendency to collapse will differentiate this form of cyanosis from the ones due to malformation of the heart. In blue babies the cyanotic condition of the patient is uniformly distributed and persistent.

Relation of Thymic Hyperplasia to Basedow's Disease.—For a long time the presence of thymic hyperplasia in connection with Basedow's disease was thought to be only a coincidence, but in late years the facts have become so numerous and so convincing that it is no longer possible to deny that there is an intimate relation between the presence of thymic hyperplasia and Graves' disease. Rössle reports a series of 52 cases of hyperthyroidism with thymus hyperplasia. McCardi, in 35 cases of sudden death in hyperthyroidism, found 18 cases with thymic

hyperplasia. Rehn, in 319 cases of Graves' disease treated surgically, had 42 deaths. Six patients died with extremely marked dyspneic symptoms. In the literature Matti found 183 cases of hyperthyroidism

in which postmortem had been held, and in 98 cases, making 74 per cent. of the total number of cases, hyperplastic thymuses were found. Kappelle, in 59 postmortems of Basedow cases, found that thymic hyperplasia was present in 79 per cent. of the cases. These figures show that thymic hyperplasia in combination with Graves' disease, is very frequent. I have reported several cases of thymic hyperplasia and Basedow's disease corroborated by postmortem (Fig. 95).

The importance of such facts is great, and whenever it is possible the probable presence of thymic hyperplasia should be ascertained before attempting thyroidectomy or at the time of the operation. Remarkable, and somewhat disconcerting, is the fact that thymus hyperplasia is very much less apt to be found in very severe and protracted cases of Graves' disease than it is in the earlier forms.

Already in 1908 Hart came to the conclusion that besides a *thyroid Basedow* there could be such a thing as a *thymus Basedow*, the latter form being characterized by the same cardinal symptoms as those seen in thyroid Basedow. These views have been upheld by Kappelle, Bayer, Bircher, and Klose. Bircher reproduced experimentally in dogs a Basedow's disease by injecting thymus products into the peritoneal cavity; tachycardia, nervousness, tremor, exophthalmos, were present. I have repeated these experiments several times, and although I was not able to obtain the symptoms

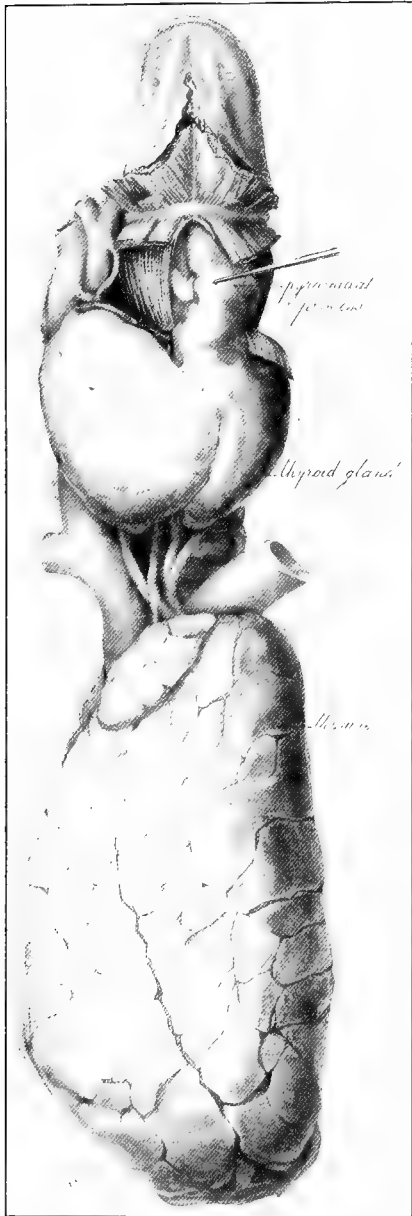


FIG. 95.—Thymic hyperplasia and Basedow's disease, a postmortem specimen. Note that the thymus covers the heart entirely.

with the same intensity as Bircher, yet I was able to see the same cardinal symptoms moderately developed.

Lately Svehla has asserted that the thymus gives off an internal secretion, and thinks that death is due to this substance acting on the heart and nervous system. By injecting a watery solution into animals, Svehla found a diminution in the blood-pressure and increased rapidity of the pulse. Repeated injections caused the death of the animals; therefore he considers the *mors thymica* as a consequence of hyperthy-mization resulting in a diminution of the blood-pressure.

There is unquestionably a synergic action between the thyroid and the thymus; one activates the other, and *vice versa*. This seems to be demonstrated by cases of Basedow's disease where surgical interference on the thyroid did not give the expected results, but where the cure was secured most rapidly and most completely by adding to it the removal of the thymus. Such cases have been shown by Garré, Kapelle and Bayer. Von Haberer's case in that respect is most instructive. The patient was a man suffering with the most intense hyperthyroidism accompanied by marked choking spells. Ligation and thyroidectomy were performed by eminent surgeons, one of them none other than Kocher, yet the improvement of the patient was only slight and temporary, so that he soon fell back into a pitiful condition which was considered hopeless. Besides the thyrotoxic symptoms the dyspnea was intense and the condition of the heart was so bad that death was looked for at any time. Von Haberer decided to attempt the removal of the thymus, but at the operation was very much disappointed to find no trace of thymus; all that he was able to remove was a small piece of fat which, nevertheless, proved under microscopic examination to contain some thymus gland. From the time of this operation on, the improvement of the patient was so marvelous that he recovered rapidly and entirely.

Thymogene Basedow.—We may say, consequently, that the majority of cases of Graves' disease are of thyroid origin, but that their intensity may be increased by a concomitant thymic hyperplasia. In other words, the deleterious effects of the two glands sum each other up; consequently the presence of a thymic hyperplasia in Graves' disease must always be looked for, and must always be regarded as a complication. We may, furthermore, admit that we may have some cases of Graves' disease of purely thymic origin, as we have cases of Graves' disease of purely thyroid origin. Finally, we may have both forms combined.

Differential Diagnosis between Thymic and Thyroid Basedow.—If all these conditions are true, it will then be necessary to ascribe to every case of Graves' disease its true origin. In other words, we shall have to decide if we have to deal with a thyroid, or a thymic, Basedow, or a

mixed one. Let it be said right now that in the greatest number of cases we shall have to deal with a *thyroid Basedow*. This form, however, may be combined with the thymic Basedow. The pure form of thymic Basedow is rare.

How are we going to differentiate these two forms? As was seen in the chapter on Basedow's Disease, in many cases there is a certain group of symptoms which seem to be more dependent upon the excitation of one of the two nerves of vegetative life, the vagus and the sympathetic. If the predominating symptoms are of vagus origin, the case is called *vagotonic*. If, on the other hand, the predominating symptoms are of sympathetic origin, the case is called *sympatheticotonic*. We have seen, too, that according to Eppinger and Hesse, the vagotonic symptoms are:

1. A moderate degree only of tachycardia, but intensely marked subjective symptoms.
2. A marked Graefe symptom with pronounced enlargement of the eyelids, accompanied, however, by a moderate exophthalmos, but with no Moebius. The lachrymal secretion is increased.
3. Profuse perspiration.
4. Diarrhea, hyperacidity, vomiting.
5. Increased eosinophilia.
6. Alimentary glycosuria.

According to the same authors the sympatheticotonic symptoms are:

1. A marked exophthalmos but no Graefe; with positive Moebius; and with suppressed lachrymal secretion.
2. Pronounced tachycardia, however, with only moderate subjective symptoms.
3. No perspiration, no diarrhea, no vomiting.
4. Marked falling of the hair.
5. No eosinophilia, no alimentary glycosuria.
6. Occasionally a slight increase in temperature.

According to Eppinger and Hesse the vagotonic symptoms are produced by a thymic hormone which would act as an excitant of the vagal system. It is not, however, demonstrated beyond all doubt that all the symptoms considered as vagotonic are really of such origin. The same is true for the sympatheticotonic symptoms. There will be needed further work in order to throw light upon that subject.

So far the true thymogene Basedow is still difficult to diagnose beforehand. As a rule this diagnosis is made only retrospectively after the thyroid has been removed, and after it is found that the microscopic examination does not show the typical microscopic changes in the thyroid known as pathognomonic of the disease, and after one sees that the clinical results do not come up to the expectations; only then

the idea of a thymic Basedow dawns upon one's mind. Unfortunately, the x -rays as a diagnostic means in adults have not proved as useful as I thought they would. In a series of several hundred goiters of all kinds, I have systematically made a Roentgen examination. In many instances I was able to demonstrate beforehand the presence of an enlarged thymus, but others in which, according to the radiograms, no thymus was present, I was very much surprised to find at the time of the operation quite an important thymic enlargement. A symptom which I think is of good diagnostic value in diagnosing thymic hyperplasia complicating a Basedow case, is marked muscular asthenia. Furthermore, the presence of small lymph nodes in the cervical region must be regarded, in my judgment, as a strong presumption in favor of the presence of thymic hyperplasia; in fact, they belong to the status thymolymphaticus.

Lymphocytosis has been the subject of much discussion. It was at first considered as of thyroid origin, but lately the number of research workers is constantly increasing who seem to be inclined to believe that lymphocytosis is due to thymic hyperplasia.

In conclusion I believe that: Although the question is far from being settled, nevertheless a high lymphocytosis with moderate enlargement of the thyroid; a moderate tachycardia, but with intense subjective symptoms; the presence of small cervical lymph nodes; an increased area of dulness over the manubrium sterni; a prolonged expiration over this area with a character which is truly tubular; all these symptoms together with a positive x -ray are strongly suspicious of a thymic hyperplasia.

Treatment of Thymic Hyperplasia Complicating Graves' Disease.—From what has been stated, it follows that thymic hyperplasia in goiter surgery can no longer be disregarded. It is a serious complication which occurs not only in Graves' disease, but in simple goiter also. It is liable to kill the patient either by choking him, or by causing a thymic intoxication leading to hyperthyroidism, hyperthymism, and possibly to acidosis. What shall we do then? Simply remove the thymus. Simply combine *thymectomy with thyroidectomy*. And that is just what I have been doing in the past few years in every goiter case that has come my way. In every case as soon as thyroidectomy is terminated, I explore systematically the mediastinum and whenever thymus is found, it is removed. In so doing, not only the remote results are better, but the postoperative course is also far more satisfactory. First of all, the possibility of a mechanical thymic death is eliminated, and this, certainly, is a great relief. Always before this, after a thyroidectomy, I felt exceedingly uneasy and anxious for twenty-four hours because at any time a choking spell was liable to occur. There are no more such fears for me now.

Furthermore, the postoperative reaction which so often follows an operation for goiter, but especially the thyrotoxic one, is unmistakably better; temperature is not so high; nervousness is not so extreme; delirium is far less marked; acidosis is less severe and what is more the death-rate is certainly less. All told, I consider this combined operation a great step forward in the surgical treatment of Graves' disease.

Treatment of Thymic Hyperplasia in Children.—In cases of thymic hyperplasia in children, if the mechanical symptoms are alarming, I operate at once. What is the use of running the risk of losing the little patient by trying any other method of treatment when the operative treatment is still safe? Two of my cases which had a marked thymus hyperplasia and in which the thymus compressed not only the trachea but also the esophagus, gained an ounce the same day that thymectomy was performed, and continued to do so for two weeks after; in three months the two little patients had become prosperous and healthy. Several others who had choking spells increasing constantly in intensity, so much so that when brought for operation they were between life and death, as soon as thymectomy was performed, soon breathed regularly and regained perfect health.

If, however, operation cannot be performed because of impending death, intratracheal rubber tubes should be introduced, either through the larynx or through a tracheotomy opening. It is important to make sure that the tube opens at the end and not on the side. It is important, too, to extend the tube well into the trachea so as to pass the point of compression. We must remember, however, that tracheotomy ought to be resorted to as a last measure, because we know by experience that tracheotomy combined with thymectomy is usually fatal on account of postoperative bronchopneumonia, and especially mediastinitis.

If the choking spells are not alarming, x-ray treatment is the method of choice.

PLATE XXXII

FIG. 1



Wm. Guerin

Thymectomy.

After the sternohyoid and the sternothyroid muscles have been separated in the middle line and retracted, a more or less round mass is often seen bulging upward with each expiration and disappearing again with each inspiration. That is the thymus.

FIG. 2



Wm. Guerin

Thymectomy.

If the thymus is grasped between two forceps and its capsule cut, the thymic parenchyma bulges out as if under pressure, especially with each expiration.

CHAPTER LII.

SURGICAL TECHNIC OF THYMECTOMY.

Anesthesia.—In adults it is self-evident that almost invariably thymectomy should be performed under anesthesia. In children, especially in newborn, the dyspnea may be so intense that anesthesia, no matter what form, may only increase the dyspnea, consequently in such conditions the operation may have to be performed under local anesthesia or without anesthesia at all, as in newborn for instance. In the great majority of cases, however, it is better to resort to complete anesthesia, as the crying from pain will only increase the congestion of the thymus and consequently increase the dyspnea. In small children chloroform seems to be preferable to ether.

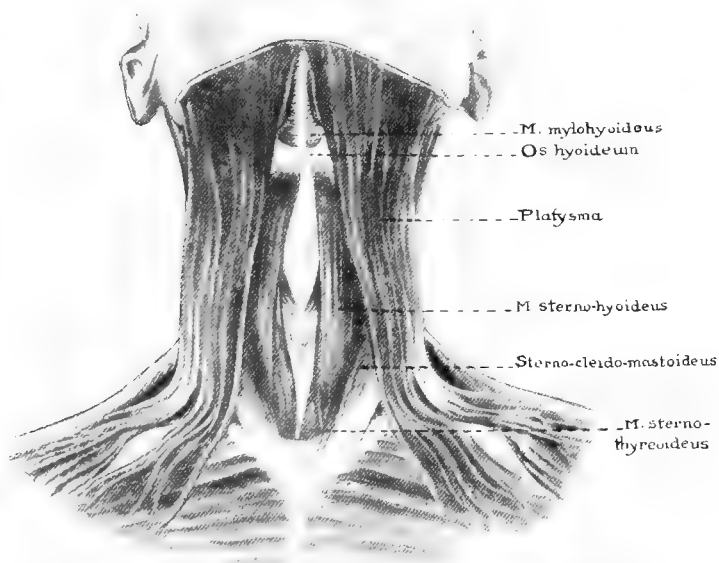


FIG. 96.—Anatomy of the muscles involved in performing thymectomy.

Surgical Technic.—1. A short transverse incision is made just above the manubrium sterni. The skin is cut and the two flaps are retracted, one upward and the other downward.

2. The superficial cervical fascia is clamped between two forceps and cut in the middle line. (Plate XXXI, Fig. 1.)

3. The prethyroid muscles are separated in the middle line and retracted laterally. (Plate XXXI, Fig. 2.)

4. After the sternohyoid and the sternothyroid muscles have been separated in the middle line and retracted, one often sees a more or less round mass bulging upward with each expiration and disappearing again with each inspiration. That is the *thymus*. (Plate XXXII, Fig. 1.) In children, and sometimes in adults, the hyperplastic thymus reaches the lower pole of the thyroid so it is easily discovered.

5. The thymus is then clamped between two hemostats and pulled gradually upward. Great care should be taken in clamping every bit of loose tissue around the capsule of the thymus so as to catch every small vessel.

In the great majority of cases resection of the thymus is better made *extracapsularly*, as usually the thymus is easily loosened from the surrounding structures. Whenever, however, there is some perithymitis and consequently there is some difficulty in getting the thymus up, it is better then to perform an *intracapsular thymectomy* as shown in Plate XXXII, Fig. 2. The glandular capsule of the thymus is then opened and as soon as this is done the thymic parenchyma bulges out as if under pressure, especially with each expiration. The parenchyma is then shelled out slowly, gradually, and more or less easily. As said before, however, at least in my experience, the extracapsular method is the one of choice, provided one takes a great deal of pains to clamp every particle of loose connective tissue in connection with the thymus. In the numerous thymectomies which I have performed, I have never met with an unpleasant hemorrhage following this mode of operating.

6. When sufficiently isolated the thymus is then ligated snugly at its basis (Plate XXXIII, Fig. 1) in order to catch the few thymic vessels which supply the gland and it is cut far enough from the ligation to prevent the ligature from slipping. If this should happen, a hemorrhage almost impossible to check except by packing will occur.

7. After all ligations of the clamped vessels have been performed, the prethyroid muscles are sewed up again in the middle line by running suture or by one or two interrupted stitches. (Plate XXXIII.) The subcutaneous tissue and platysma are sewed up by continuous running suture, and intradermic suture is performed.

PLATE XXXIII

FIG. 1



Thymectomy.

When isolated, the thymus is ligated snugly at its basis in order to catch the few thymic vessels and it is cut far enough so as to prevent the ligature from slipping, thus causing a hemorrhage almost impossible to check except by packing.

FIG. 2



Thymectomy.

The prethyroid vessels are then sewed together in the middle line, subcutaneous tissue is sutured by itself and intradermic suture is performed.

INDEX.

A

ACAPNIA, 511
 Accidents, operative, 478
 Acidosis, 521
 Adenocarcinoma, 67
 Adenoma, fetal, 57, 64
 malignant, 67
 Adrenalin, chloride, 502
 opotherapy, 428
 Adrenalinemia, 353
 Adrenals, 390
 Air embolism, 481
 Albuminuria, 358
 Anatomical facts of thyroid, 440
 conclusions from, 448
 Anatomopathological relations of goiter, 118
 Anatomy, 17
 pathological, 115
 Anesthesia, 494, 557
 general, 495, 498
 intratracheal insufflation, 506
 local, 495, 498, 501
 technic of, 502
 Antithyroid chymotherapy, 426
 Antitoxic action of thyroid, 53
 Antitrypsin content of blood, 354
 Aortic goiter, 87
 Aphonia, 344
 Appetite, 340
 Arginine, 38
 Arsenic, 287
 in thyroid, 50
 Artery, ima, 20
 inferior thyroid, 20, 125, 462
 parathyroid, 446
 superior thyroid, 19, 124, 462
 Athyroidism, congenital, 190, 203
 differential diagnosis, 210
 etiology of, 203
 opotherapy in, 288
 symptoms, 207
 surgical, 190, 196
 opotherapy in, 288
 symptoms of, 196

B

BASEDOW iodine, 393
 struma, 311

Basedow thymic and thyroid, differential
 diagnosis of, 553
 thymogene, 553
 thymus, 552
 thyroid, 552
 Basedowified goiter, 311, 312, 434
 Basedow's disease, 303. *See* Graves' dis-
 ease.
 relation of thymic hyperplasia to,
 551
 thyroiditis and, 396
 Benign goiter, 58
 Blood, antitrypsin content of, 354
 changes, 349
 coagulability of, 352
 deficiency of carbon dioxide in, 511
 pressure, 310
 supply, 19, 442
 Bloodvessels, relation of goiter to, 124
 Bodies, postbranchial, 27
 Breath, shortness of, 343

C

CACHEXIA strumipriva, 182, 189, 190
 surgical, 196
 symptoms of, 196
 thyreopriva, 31, 183, 189, 190
 Cancer, 65, 66
 aneurysmal, 176
 course and symptoms of, 175
 diagnosis of, 178
 treatment of, 179
 Cancroid, 76
 Canthorraphy, 487
 Carbon dioxide, deficiency of, in blood, 511
 Carcinoma, 70
 sarcomatodes, 80
 Cardiac spasm, 511
 Cardiopathic goiter, 133
 Cardiovascular symptoms, 303, 304
 Chemistry, biological, 42, 405, 514
 Chloroform, 498, 499
 Choking spells, thymic, 545
 Chorea, 338
 Chvostek symptom, 525
 Chymotherapy, antithyroid, 426
 Circular goiter, 122, 163
 diagnosis of, 163
 symptoms of, 163

Circular goiter, treatment of, 164
 Cleavage, pathological planes of, 442
 Coagulability of blood, 352
 Collapse of trachea, 479
 Colloid, 22
 desquamation of, 23
 goiter, 57, 61, 166
 diffuse, 62
 Congenital goiter, 166
 symptoms of, 167
 treatment of, 168
 Constipation, 341
 Contagion by contact theory, 265
 Coughing, 344
 Cretinism, 203
 differential diagnosis of, 210
 economical significance of, 227
 endemic, 189, 190
 etiology of, 204, 220
 fluctuations of, 234
 geographical distribution of, 221
 military significance of, 227
 opotherapy in, endemic, 289
 social significance of, 227
 sporadic, 190
 symptoms of, 207
 Cretinoids, 211
 Crotti's formulæ for non-toxic parenchymatous goiter, 281
 for exophthalmic goiter, 428
 technic of indirect transfusion, 518
 treatment for exophthalmic goiter, 428
 for non-toxic parenchymatous goiter, 281
 Cutaneous symptoms, 347
 Cyst, false, 62
 hydatid, 113
 median, 83
 true, 62
 Cystic goiter, 166

D

DALLRYMPLE symptom, 319, 322
 Danger zone, 441, 442, 448, 462, 471
 Deaf-mutism, 223
 Death, goiter, 162
 sudden, 300
 thymic, 545
 Delirium, acute, 336
 Dermographism, 347
 Dermoids, 59, 81
 Desquamation of colloid, 23
 Diabetes, 356
 Diagnosis of circular goiter, 163
 differential, of cancer, 178
 of congenital athyroidism, 210
 of cretinism, 210
 of intrathoracic goiter, 155
 of spontaneous infantile hypothyroidism, 210

Diagnosis, differential, of thymic hyperplasia, 550
 and thyroid Basedow, 553
 of thyrotoxic tachycardia, 304
 of goiter, 130
 of intrathoracic goiter, 152
 of malignant goiter, 178
 of strumitis, 98
 of thymic hyperplasia, 548
 of thyroiditis, 98
 Diarrhea, 341
 Diet, 420
 Diffuse goiter, 57, 58
 Digestive disturbances, 339
 Disease, Basedow's. *See* Graves' disease.
 thyro-neuro-polyglandular, 372, 393, 403
 Duct, lingual, 25
 thymopharyngeal, 537
 thyroid, 25
 Dysphagia, 127
 Dyspnea, 126
 Dyspneic symptoms, 313
 Dysthyroidism, 370, 401

E

EDEMA of eyelids, 325
 Electrotherapy, 421
 Embolism, air, 481
 Embryology, 23
 Emotionality, 334, 336
 Endothelioma, 79
 Enucleation, 448, 450, 453
 Enucleoresection, 453
 Epidemics, goiter, 228
 Epithelial neoplasms, 65
 Erb symptom, 528
 Esophagus, injury to, 481
 relation of goiter to, 123
 Ether, 498, 499
 Etiology of congenital athyroidism, 203
 of cretinism, 204, 220
 of exophthalmos, 326
 of goiter, endemic, 220
 theories regarding, 341
 of Graves' disease, 370
 of hypothyroidism, 198
 of infantile hypothyroidism, 204
 of spontaneous adult hypothyroidism, 289
 of strumitis, 93
 of thyroiditis, 93
 Excision, 448, 449
 Exhaustion, vasomotor, 509
 suprarenal, 512
 Exophthalmic goiter, 60, 303
 Crotti's treatment for, 428
 eyelid symptoms in, 322
 in pregnancy, 367
 treatment of, 368

Exophthalmos, 303, 319
 bilateral, 320
 etiology of, 326
 unilateral, 319
 Exothyropexy, 374

F

FIBROSARCOMA, 77
 Fibrous goiter, 63
 Flatulence, 340

G

GANGLION cells, morphological changes in, 511
 Genital apparatus, 105
 disturbances, 342
 system, 389
 Glands, accessory, 27
 Glottis, spasm of, 546
 Glycogen-containing goiter, 72
 Glycosuria, 356
 Goiter, accessory, 27, 59, 82
 anatomopathological relations of, 118
 and radio-active waters, 262
 in animals, 236
 aortic, 87
 Basedowified, 311, 312, 434
 benign, 58
 cardiopathic, 133
 in children, 169
 circular, 122, 163
 diagnosis of, 163
 symptoms of, 163
 treatment of, 164
 clinical symptoms of, 126
 colloid, 57, 61, 166
 congenital, 166
 symptoms of, 167
 treatment of, 168
 Crotti's treatment for, 281
 cystic, 166
 death, 160
 diagnosis of, 130
 diffuse, 57, 58
 colloid, 62
 nodular, 62
 dislocation of, 471
 endemic, economical significance of, 227
 etiology of, 220
 fluctuations of, 232
 geographical distribution of, 221
 military significance of, 287
 social significance of, 227
 water and, 242
 epidemics, 228
 exophthalmic, 60, 203
 Crotti's treatment for, 428
 eyelid symptoms in, 322

Goiter, exophthalmic, in pregnancy, 367
 treatment of, 368
 fibrous, 63
 glycogen-containing, 72
 heart, mechanical, 133
 thyrotoxic, 136, 307
 heredity in, 248
 intrathoracic, 240
 accessory, 186
 diagnosis, 152
 differential, 155
 operation for, 475
 prognosis of, 159
 relation to neighboring tissues, 142
 symptoms of, 143
 intratracheal, 165
 lingual, 85
 malignant, 58, 65
 clinical aspects of, 173
 course and symptoms of, 175
 diagnosis of, 178
 forms of, 80
 relation to structures, 178
 technic of operation for, 477
 treatment of, 179
 mechanical symptoms of, 126
 median, 122
 metastatic colloid, 70
 nodular, 57, 58, 119
 colloid, 62
 relation to bloodvessels, 124
 non-toxic vascular, 63
 ovarian, 87
 parenchymatous, 57, 60, 166, 167
 diffuse, 118
 pendulous, 119
 plunging, 141, 160
 postbranchial, 73
 proliferating, 67
 pyramidal, 122
 relation to larynx and trachea, 120
 to nerves, 125
 to pharynx and esophagus, 123
 to skin and muscles, 119
 retro-esophageal, 175
 retrotracheal, 165
 simple, indications for operation, 295
 medical treatment, 276, 277
 pregnancy and, 175
 treatment of, 171
 thyrotoxic, consistency of, 312
 histology of, 315
 pathology of, 315
 surface of, 313
 volume of, 312
 vascular, 58, 63, 166
 Graefe symptom, 319, 322
 Grafting of parathyroids, 532
 of thyroid, 291
 Graves' disease, acute delirium in, 336
 adrenalin in, 428
 adrenalinemia in, 353

- Graves' disease, albuminuria in, 358
 antitrypsin content of blood in, 354
 appetite in, 340
 blood changes in, 349
 brown pigmentation of skin in, 348
 chorea in, 338
 coagulability of blood in, 352
 constipation in, 341
 coughing in, 344
 Crotti's treatment for, 428
 cutaneous symptoms in, 347
 Dallrymple symptom in, 322
 dermatographism, 347
 diabetes in, 356
 diarrhea in, 341
 diet in, 420
 digestive disturbances in, 339
 disturbances in metabolism in, 355
 edema of eyelids in, 326
 electrotherapy in, 421
 emotionality in, 334, 336
 etiology of, 370
 eyelid symptoms in, 322
 falling of hair in, 348
 flatulence in, 340
 fulminating forms of, 358, 436
 genital disturbances in, 342
 giving away of knees in, 331, 333
 glycosuria, 356
 Graefe symptom in, 322
 headache in, 345
 heredity in, 338
 hoarseness in, 344
 hydrotherapy in, 421
 hyperglycemia in, 354
 hyperhydrosis in, 347
 hypophysis in, 428
 hysteria in, 336
 indications for surgical treatment, 430
 insomnia in, 345, 346
 instability in, 334, 335, 336
 irritability in, 344, 336
 is a medicosurgical disease, 438
 is a toxic thyroiditis, 399, 404
 itching of skin in, 347
 Kocher symptom in, 323
 lachrymal secretion in, 325
 leukopenia in, 349, 350
 loss of flesh in, 355
 medical treatment for, 407, 417
 medication in, 419
 mental symptom in, 334
 Moebius symptom in, 324
 muscular cramps in, 333
 fatigue in, 332
 symptoms in, 331
 nausea in, 340
 nervous origin of, 382
 symptoms of, 334
 neurasthenia in, 337
 numbness in, 346
- Graves' disease, ocular symptoms in, 319
 pains in, 345
 pancreas opotherapy, 428
 parathyroid opotherapy, 428
 pathological arguments, 375
 polydipsia in, 358
 polyglandular medication in, 427
 origin of, 388
 polyuria in, 357
 radiotherapy in, 422
 respiratory disturbances in, 343
 rest cure for, 417
 restlessness in, 334, 335, 336
 results of medical treatment, 408
 sensations of heat in, 347
 sensory disturbances in, 345
 serotherapy in, 426
 shortness of breath in, 343
 staring look in, 325
 Stellwag symptom in, 324
 temperature in, 355
 tendinous reflexes in, 333
 tingling in, 346
 treatment of, 405
 for each case, 434
 of thymic hyperplasia complicating, 555
 tremor in, 331
 thymus opotherapy in, 328
 thyrogenetic origin of, 372
 thyrotoxic symptoms in, 359
 urticaria in, 348
 vertigo in, 346
 vomiting in, 340
 when cured?, 415
- ## H
- HAIR, falling out of, 348
 Headaches, 345
 Heart, mechanical goiter-, 133
 test of functional capacity of, 310
 thyrotoxic goiter-, 136, 307
 Heat, sensations of, 347
 Hematoma, postoperative, 534
 Hemorrhage, treatment of, 515
 Hemostasis, 466
 Heredity in goiter, 248
 in Graves' disease, 338
 Histology of goiter, 21
 of thyrotoxic goiter, 315
 Hoarseness, 344
 Hydrotelluric theory, 249
 Hydrotherapy, 421
 Hyperhydrosis, 347
 Hyperlymphocytosis, 349
 Hypersecretion, 370
 Hyperthyroidism, 303, 363, 370, 372, 400,
 434
 fruste forms of, 360, 437
 infantile, 365

- Hyperthyroidism, juvenile, 365
 postoperative, 519
 small, 360
 Hypertrophy, thyroid, 303
 Hypoglycemia, 354
 Hypophysis, 55, 195
 in opotherapy, 428
 in thyroid, 389
 Hypopolynucleosis, 349, 350
 Hypothyroidism, 51, 182, 190, 363, 372, 417
 etiology of, 198
 fruste forms, 190
 relationship of forms of, 187
 spontaneous, 190
 adult, 198
 opotherapy of, 289
 symptoms of, 200
 infantile, 203
 differential diagnosis of, 210
 etiology of, 204
 opotherapy of, 288
 symptoms of, 207
 surgical, 190
 Hysteria, 336
- ### I
- ICTERUS, 341
 Idiocy, 188, 189, 203
 with pachydermic cachexia, 189
 Incision, 469
 low collar, 469
 Infection theory, 272
 Inflammations, 59
 Ingestion method of treatment, 285
 Inhibition of the function of organs, 511
 Injections, boiling-water, 487
 technic of boiling water, 488
 treatment with, 300
 Injury to trachea, esophagus, and pleura, 481
 Insomnia, 345, 346
 Instability, 334, 335, 336
 Insufficiency, to prevent thyroid, 41
 treatment of thyroid, 283
 Insufflation, intratracheal, 506
 Internal secretion, 55
 functional interrelation of organs of, 55
 Intrathoracic goiter, 140
 accessory, 86
 diagnosis of, 152
 differential, 155
 operation for, 475
 prognosis of, 159
 relation to neighboring tissues, 142
 symptoms of, 143
 Intratracheal goiter, 165
 Iodin-Basedow, 393
 medication, dangers of, 282
 in thyroid gland, 44
 in treatment of goiter, 279
 Iodism, constitutional, 393
 Iodothyreoglobulin, 42, 52
 Irritability, 334, 336
 Isthmus, 17
 Itching of skin, 347
- ### K
- KATZENSTEIN test, 310
 Knees, giving way of, 331, 333
 Kocher-Reverdin controversy, 182
 Kocher symptom, 319, 323
- ### L
- LACHRYMAL secretion, 325
 Laryngoscopic examination, 131
 Larynx, relation of goiter to, 120
 Lesions of the nerves, 478
 Leukopenia, 349, 350
 Ligaments, suspensory, 19
 thyrothymic, 538
 Ligation, 458
 indications for, 460
 intracapsular, 462
 isolated, of inferior thyroid artery, 464
 465
 of superior pole, 464
 point of election for, 462
 technic of, 463
 Lingual duct, 25
 goiter, 85
 Lobes, 17
 Loss of flesh, 355
 Lymphatics, 20
- ### M
- MALIGNANT goiters, 58
 clinical aspects of, 173
 diagnosis of, 178
 forms of, 80
 mechanical symptoms of, 126
 relation to surrounding tissues, 173
 treatment of, 179
 Median goiter, 122
 Medicaments, 279
 Medication, dangers of iodine, 282, 419
 polyglandular, 427
 Mental symptoms, 334
 Metabolism, disturbances in, 355
 Metastases, 65
 Metastatic colloid goiter, 70
 Moebius symptom, 319, 324
 Muscles, relation of goiter to, 119
 Muscular cramp, 333
 fatigue, 331, 332
 symptoms of, 331
 system, 541

Myxedema, 31, 32, 33, 182, 189, 192
 infantile, 188, 189
 operative, 182
 Myxedematous, dystrophia, 189
 infantilism, 189
 Myxosarcoma, 79

N

NANISM, 188, 203, 208
 Nausea, 340
 Nerve, hypoglossus, 129
 phrenic, 129
 spinal, 129
 sympathetic, 129
 Nerves, lesions of, 478
 recurrent laryngeal, 447
 relation of goiter to, 125
 vagus, 129
 Nervous symptoms, 334
 system in thymectomy, 540
 vegetative, 385
 Neurasthenia, 337
 Nitrous oxide, 498, 499
 Nodular goiter, 57, 58, 119
 colloid, 62
 Non-toxic vascular goiter, 63
 Novocain, 501
 Nucleoproteid, 43
 Numbness, 346

O

OCULAR symptoms, 319
 Operating room technic, 491
 Operation, bilateral, 454
 contra-indications for, 299
 for intrathoracic goiter, 475
 indications for, 295
 technic of, for malignant goiter, 477
 upon thyroid gland, 439
 unilateral, 454
 Operative accidents, 478
 Opothepy, adrenalin, 428
 Crotti's treatment, 428
 dangers of thyroid, 283
 in endemic cretinism, 289
 hypophysis, 428
 opotherapy in congenital athyroid-
 ism, 288
 in spontaneous adult hypothyroid-
 ism, 289
 infantile hypothyroidism, 288
 in surgical athyroidism, 288
 pancreas, 428
 parathyroid, 428
 thymus, 428
 thyroid, 283
 Organic theory, 263
 Origin of Graves' disease, nervous, 382

Origin, polyglandular, 388
 thyrogenetic, 372
 arguments from thyroid opother-
 apy, 379
 experimental arguments, 376
 pathological arguments, 375
 surgical arguments, 381
 Osseous system, 193
 Ovarian goiter, 87

P

PAINS, 345
 Palpitation, 307
 Pancreas, 390
 opotherapy, 428
 Pantopon-scopolamin, 507
 Papilloma, 74
 Paralysis, 331, 509
 Parastruma, 58, 72
 Parathyroids, 32, 392, 445
 grafting of, 532
 number removed before tetany appears,
 529
 opotherapy, 428
 shall we dissect?, 458
 Parenchymatous goiter, 57, 60, 166, 167
 diffuse, 118
 Paresis, 331
 Pathological anatomy, 115
 planes of cleavage, 442
 Pathology, 57
 of inflammation of thyroid, 95
 of strumitis, 95
 of sympathetic, 483
 of thyroid insufficiency, 191
 of thyrotoxic goiter, 315
 Pendulous goiter, 119
 Perithelioma, 80
 Pharynx, relation of goiter to, 123
 Phosphorus in the thyroid, 50
 Physiology of thyroid, 30
 history of, 30
 Pigmentation, brown, of skin, 348
 of eyelids, 326
 Pleura, injury to, 341
 Plunging goiter, 141, 160
 Plutonian theory, 359
 Polydipsia, 358
 Polyglandular medication, 427
 origin of Graves' disease, 388
 treatment, 290
 Polyuria, 357
 Portion of thyroid to leave, 41
 Postbranchial bodies, 27
 goiter, 73
 Postoperative complications, 509
 dysphagia, 534
 fever, 523
 hematoma, 534
 hyperthyroidism, 519

- Postoperative tetany, 524
 - prognosis of, 530
 - symptoms of, 524
 - treatment, 493
- Pregnancy, exophthalmic goiter and, 367
 - simple goiter and, 170
- Preoperative treatment, 489
- Proliferating goiter, 67
- Prophylaxis, 276
- Pulmonary complications, 533
- Pulse, thyrotoxic, 309
- Pyramidal goiter, 122
 - process, 18

R

- RADIO THERAPY, 422
- Regulating action, 55
- Repin's theory, 259
- Resection, 448, 449, 452, 453
 - bilateral, 456
 - cuneiform, 452, 473
 - enucleo-, 453
 - transfrontal, 452, 473
- Respiratory disturbances, 343
- Rest cure, 418
- Restlessness, 334, 335, 336
- Retroesophageal goiter, 165
- Retrotracheal goiter, 165

S

- SARCOMA, polymorphous-cell, 78
 - round-cell, 78
- Sarcomata, 65
- Scar, 534
- Sensory disturbances, 345
- Serotherapy, 426
 - thyrotoxic, 427
- Sexual apparatus, 217
- Shock, 509
 - hemorrhagic, 514, 515
 - psychic, 514
 - toxic, 514, 515
 - traumatic, 514
 - treatment of, 515
- Simple goiter, indications for operation in, 295
 - pregnancy and, 170
 - treatment, 170
 - medical, 276, 277
- Skeleton, 540
- Skin, 192
 - brown pigmentation of, 348
 - itching of, 347
 - relation of goiter to, 119
- Soda, bicarbonate of, 287
- Staring look, 325
- Stellwag symptom, 319, 324
- Stridor, congenital vestibular, 550
- Struma, Basedow, 311

- Struma mediana, 122
 - profunda, 140
 - vasculosa, 461
- Strumitis, 58, 90
 - diagnosis of, 98
 - etiology of, 93
 - pathology of, 95
 - prognosis of, 101
 - symptoms of, 95
- Suffocation, 479
- Sulphur in the thyroid, 50
- Suprarenal exhaustion, 512
- Suprarenin, 502
- Surgical athyroidism, 196
 - cachexia strumipriva, 196
 - technic, 439
- Sympathectomy, 482
 - results of, 483
 - surgical technic for, 485
- Symptoms, Bryson, 343
 - cardiovascular, 303, 304
 - Chvostek, 525
 - clinical, 126
 - cutaneous, 347
 - Dallrymple, 319, 322
 - due to injury of inferior laryngeal nerve, 128
 - dyspneic, 313
 - Erb, 528
 - eyelid, 322
 - functional, 130
 - Graefe, 319, 322
 - Kocher, 319, 323
 - mechanical, of malignant goiter, 126
 - mental, 334
 - Moebius, 319, 324
 - muscular, 331
 - nervous, 334
 - ocular, 319
 - of anaphylactic origin, 402
 - of cachexia strumipriva, 196
 - of cancer, 175
 - of circular goiter, 163
 - of congenital athyroidism, 207
 - goiter, 167
 - of cretinism, 207
 - of infantile hypothyroidism, 207
 - of intrathoracic goiter, 143
 - of malignant goiter, 175
 - of postoperative tetany, 524
 - of spontaneous adult hypothyroidism, 207
 - of strumitis, 95
 - of surgical athyroidism, 196
 - of tetany, 524
 - of thyroiditis, 95
 - of vascular, of thyroid, 313
 - Stellwag, 319, 324
 - thyrotoxic, of Graves' disease, 359
 - Trousseau, 526
 - Vincent's thyroideal, 105
 - Weiss, 525

T

- TABLETS, non-toxic goiter, 281
 polyglandular, 428
 toxic goiter, 428
- Tachycardia, differential diagnosis of thyrotoxic, 304
 etiological explanation of, 306
 paroxystic, 305
- Temperature, 355
- Tendinous reflexes, 333
- Teratoma, 50, 81
- Tetany in animals, 33
 postoperative, 524
 in animals, 35
 prognosis of, 530
 symptoms of, 524
 treatment of, 531
- Theories regarding etiology of goiter, 241
- Thorax, pressure in, 546
- Thymectomy, anesthesia in, 557
 muscular system in, 541
 nervous system in, 540
 surgical technic of, 557
 with thyroidectomy, 555
- Thymic hyperplasia, acute symptoms of, 543
 chronic form of, 543
 diagnosis of, 548
 differential, 550
 relation of, to Basedow's disease, 551
 treatment of, in children, 556
 complicating Graves' disease, 555
 x-ray characteristics, 550
 tracheostenosis, 542
- Thymogene-Basedow, 553
- Thymopharyngeal duct, 537
- Thymus, 536
 Basedow and, 552
 embryology of, 536
 experimental pathology of, 540
 histology of, 537
 hyperplasia, 474
 involution of, 539
 opotherapy, 428
 organs of internal secretion and, 541
 pressure of, 545, 546
 surgical anatomy, 537
 thyroid and, 392
- Thyrogenetic arguments from thyroid opotherapy, 379
 experimental arguments for, 376
 origin of Graves' disease, 372
 pathological arguments for, 375
 surgical arguments for, 381
- Thyroid, action of, on blood, 38
 on cardiovascular system, 37
 on nervous system, 40
 on nutrition, 39
 on osseous system, 40
 of thyroid administration, 36
- Thyroid, anatomical facts of, 440
 and hypophysis, 55, 195, 389
 antitoxic action of, 53
 aplasy, 33
 arsenic in the, 50
 Basedow, 552
 blood supply of, 442
 chemistry of, 51
 congestion of, 114
 contusions of, 116
 duct, 25
 elixir, 287
 function of, 51
 gangrene of, 98
 genital system and, 389
 grafting of, 291
 hydatid cyst of, 113
 hypertrophy of, 303
 inflammations of, 89
 insufficiency of, 191, 216
 to prevent, 41
 treatment of, 283
 opotherapy, 283
 dangers of, 283
 pancreas, adrenals, 390
 parathyroids and, 32, 392
 phosphorus in, 50
 physiology of, 30
 portion safe to remove, 457
 powdered desiccated, 286
 pulsations of, 313
 stages of, 27
 sulphur in, 50
 surgical technic of, 439
 syphilis of, 108
 thrill of, 313
 thymus and, 392
 traumatic lesions of, 115
 tuberculosis of, 106
 tumor in, 130
 vascular symptoms of, 313
 wounds in, 116
- Thyroidectomy, 173
 action of, on metabolism, 36
 operative technic for, 469
 results of experimental, 31
 thymectomy with, 555
- Thyroidism, 36, 285
- Thyroiditis, 58, 90
 bacterial, 90
 Basedow's disease and, 396
 Chagas, 111
 diagnosis of, 98
 dissecans, 98
 etiology of, 93
 Graves' disease is a toxic, 399, 404
 parasitic, 111
 pathology of, 95
 pneumonic, 96
 prognosis of, 101
 puerperal, 96
 symptoms of, 95

- Thyroiditis, toxic, 103
 treatment of, 102
 typhic, 96
 woody, 107, 109
 Thyroids, accessory, 19
 Thyro-neuro-polyglandular disease, 372, 393, 403
 spell, 521
 Thyroptosis, 140
 Thyrothymic ligament, 538
 Thyrotoxic goiter, consistency of, 312
 histology of, 315
 pathology of, 315
 surface of, 313
 volume of, 312
 heart, 307
 pulse, 309
 serotherapy, 427
 symptoms of anaphylactic origin, 402
 tachycardia, differential diagnosis, 304
 etiologic explanation, 306
 Thyrotoxicosis, 303, 358, 370. *See* Graves' disease.
 Tingling, 346
 Trachea, collapse of, 479
 injury to, 481
 relation of goiter to, 120
 sabre-sheathed, 143
 Tracheotomy, 172, 481
 Transfusion, Crotti's technic of indirect, 518
 Treatment, after-, of goiter patients, 534
 Crotti's, for exophthalmic goiter, 428
 for non-toxic parenchymatous goiter, 281
 for simple goiter and pregnancy, 171
 ingestion method of, 285
 iodin, 279
 medical, for Graves' disease, 405, 407, 417
 results of, 408
 of cancer, 179
 of circular goiter, 164
 of congenital goiter, 168
 of exophthalmic goiter and pregnancy, 368
 of Graves' disease, 405
 for each case, 434
 of hemorrhage, 515
 of malignant, 179
 of shock, 515
 of tetany, 531
 Treatment of thymic hyperplasia in children, 556
 with Graves' disease, 555
 of thyroid insufficiency, 283
 of thyroiditis, 102
 polyglandular, 290
 postoperative, 489
 preoperative, 489
 surgical, for Graves' disease, 430
 with injections, 300
 Tremor, 303, 331
 Trousseau symptom, 526
 Tumor in the thyroid, 130
 nature of, 132
 Tumors, benign, 59, 60
 of branchial origin, 28
 connective tissue, 59, 65, 77
 epithelial, 59, 67
 malignant, 59
 of mesobranchial origin, 28
 mixed, 59, 80
- U
- URINE, modification of, 40
 Urticaria, 348
- V
- VASCULAR goiter, 58, 63, 166
 symptoms of thyroid, 313
 Vasomotor control, loss of, 512
 exhaustion, 509
 Veins, imæ, 20, 125
 middle, 20
 superior thyroid, 20
 Vertigo, 346
 Vincent's thyroidal symptom, 105
 Vomiting, 340
- W
- WATER and endemic goiter, 242
 boiling the, 289
 radioactive, and goiter, 262
 Weiss symptom, 525
 When cured, 415

